



Grand Prelate's Monthly Message

NOVEMBER 2025

The first Sunday of November is when Daylight Savings Time ends and we turn the clocks back one hour. Hence the name; Fall Back Sunday. Now, I really don't know why we continue to change to Daylight Savings Time and back again year after year, but we do. While nobody in their right mind ever looks forward to Spring Forward Day, when we lose an hour of sleep, at least on Fall Back Day we can get an extra hour of sleep. For me, that makes it a glorious day indeed.

Is there anything that can encourage us spiritually in falling back? I believe there is.

We live in a world today in which we are running full speed ahead. There is always something going on. Always another obstacle to circumvent. Another task to complete. The holiday season is now upon us and that creates even more things to keep us busy. If we're not careful, it can become all too easy to wear yourself out.

Just as we need rest for our physical bodies, we also need the rest that Jesus offers. Jesus tells us in Matthew 11:28-30, "Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light."

Jesus is calling to us, offering us rest. He wants us to fall back to him.

In 1976, Nestea began a commercial campaign using the slogan, "Take the Nestea Plunge". It showed people taking a sip of tea and then falling back into cold, refreshing water. I can remember a lot of kids imitating that backwards plunge at the pool. The ad was a catchy visual that, no doubt, sold a good amount of tea.

Jesus wants us to take a different plunge. He wants us to fall back to Him. He offers us rest and refreshment. God wants us to fall back into the things that will enhance our relationship with Him. Fall back into his Word. Fall back into his guidance. Spend time with him and we can experience what the psalmist wrote in Psalm 62:1, "Truly my soul finds rest in God; my salvation comes from him."

I read a story once about two men in a wood chopping contest. One man worked very hard, stopping only for a brief lunch break. His opponent had taken a leisurely lunch and took several breaks throughout the day. At the end of the day the first man discovered that his opponent had chopped substantially more wood than he had. Surprised, he asked "How did you do that? Every time I checked you were taking a rest."

His opponent replied, "You didn't notice that I was sharpening my ax every time I sat down to rest."

When we fall back into God's arms, we gain the rest that we will find nowhere else. The rest that will sharpen us in doing His will. The rest that will sharpen us to overcome all obstacles as we serve as the hands and feet of Christ in the world around us.

As we enter into this season of Thanksgiving, let us be truly thankful for the grace of God that invites us to fall back into the arms of Christ so that we can receive the rest and encouragement we need to fulfill His call in our lives.

Always and All Ways in Christ
Rick Saunders
Grand Prelate