

Sobre Mesa

Sobre mesa. It is a Spanish term that refers to an extended time spent around the table after a meal. In Spain, friends and family spend anywhere from a half hour to several hours resting, digesting, and chatting after the largest meal of the day. I experienced this first hand when I traveled to Spain for a cross cultural experience in college. A common American experience I can compare this to is when everyone piles into the living room to visit and lounge after Sunday supper. I am sure that other countries share similar customs as well. This experience was quite lovely, but what I noticed in myself is that it was difficult to feel completely relaxed in the experience. I felt like I needed to get up and do something. By now, you might be sensing a trend in my reflections, but none-the-less, this was my experience. I think God quite often invites us into these “sobre mesa” moments. A few ways I experience these moments is through the natural rhythm of the day. For example, a sunset or long summer evening which calls for pause after the day’s work. What calls you to pause?

Take some time today and ponder how Jesus is inviting you to pause with the intention of drawing closer to God, those around you, or other aspects of creation.

