



REST...There is Nothing Like it

Rest. There is nothing like it. It refreshes our physical bodies like nothing else. Jesus knew the importance of rest and all through the gospels we see Jesus, breaking away and finding refreshment.

Mark 6:30-32 records that Jesus told the apostles after they had just come back from an arduous yet profitable mission trip to “come away by yourselves to a secluded place and rest for a little while”. The apostles jumped at the opportunity “and they went away by themselves in the boat to a secluded place”.

Our physical bodies get tired and God faithfully supplies those times of rest for us; times of refreshing that are good and necessary for the body and soul. Anticipated vacations, weekend get-a-ways, over-nighters; these opportunities for rest provided by our Heavenly Father show us His genuine care for us, just as Jesus did for the apostles.

Jesus tells us in Matthew 11 to “Come to Me, all you who are heavily burdened (by religious rituals that provide no peace), and I will give you rest (refreshing your souls with salvation). Take My yoke upon you and learn from Me (following Me as my disciple), for I am gentle and humble in heart, and you will find rest (renewal, blessed quiet) for your souls. For My yoke is easy (to bear) and My burden is light.

We are invited by Jesus himself to rest; this rest is the spiritual rest of salvation that He so willingly provides. This type of rest occurs once we have accepted His mighty redeeming work on the cross. No longer do we carry the burden of broken promises

and regrets on our backs. The heaviness of guilt and shame is lifted from us because Jesus paid for all our sins at the cross.

I'm beginning to understand the balance and the richness of physical and spiritual rest working together in my life, God's physical gift of rest takes place as I enjoy my toilsome labor under the sun (Ecc. 2:24). Each evening I look forward to my daily physical renewing; after the workday is done, when the yard work is completed, as the children fall asleep and our company has gone home...rest.

Our heads hitting the soft pillow..."When you lie down, your sleep will be sweet"; that's our promise, (Prov.3:24) and why are we able to sleep sweetly; because we have also entered a spiritual rest.

By accepting Jesus and his work on the Cross, We can cease from trying to follow the law that was never meant for us to be able to keep, it was our Teacher who showed us just how short we fall. (Read the 10 commandments for a re-fresher in Ex.20:1-17.) We are forgiven and now we are given a new rest, a life free from the burden of sin and guilt. No wonder sleep is so sweet!

Rest...To enjoy physical rest you must work hard, but to enjoy spiritual rest you must cease laboring and accept the work Jesus paid for, on the cross of Calvary.

Father, I thank you for the physical rest I experience each night. I thank you too for the complete spiritual rest I have now experienced since I've accepted payment for my sin by Your only begotten son, Jesus. Sweet sleep and times of refreshing all come from you. Every good and perfect gift comes from YOU. (James 1:17) It's in Jesus name I pray.