

## RESTING IN GOD

*“Come to me, all you who are weary and burdened, and I will give you rest.”*  
(Matthew 11:28)

The above passage we read speaks about what God desires for us. It teaches us what kind of life we should adapt; the pattern of life that God has planned—a life without worry, a life with rest in God.

But life has become difficult and complicated, and has lost its simplicity. It has a strange way of getting us stressed, pressured and busy. We exchange trusting with stressing. We exchange resting with busyness. We exchange quietness and confidence with pressure. We may even begin to believe that pressure, stress, striving, and busyness is the key to success.

**1. LIVING OUR OWN COURSE:** In a very real sense we seem to naturally gravitate towards a lifestyle of independence, relying on our own strength and wisdom, resulting to own stress and pressure.

Our own course of its life is not a God’s way of living. It is a choice that we have made but it is not the optimum one! Our own course is to do what seems good to us. This included doing what we want to do. This includes doing things in a manner that suits us. The course may end us up running after many things. We end up chasing things we seldom catch and often if we catch them they do not provide the joy and fulfillment we hope for. While we keep on our own course, rumors dictate our lives and we rush about preparing for things that we actually don’t know until problems become bigger and more than what is before. As we run our own course we are frightened and shaken at the slightest treat. And instead we have the victory over our enemies we find the situation opposite; our own enemies have the upper hand over us.

We also try to handle situations in our own way, but what is the result if we are away from God? The more we are struggling, the more we are exposed to troubles. And while we depend on our own strength in facing threats and troubles, we become like visible target that is exposed and open to the attacks of the enemy. *“You said, ‘we will ride on swift horses.’ Therefore your pursuers will be swift.”* (Isaiah 30:16) Surely this is not the way. We cannot overcome by our own strength and power. We cannot achieve victory by our own wisdom and knowledge. We need the hand of God to guide and strengthen us.

**2. LIVING GOD’S COURSE:** We are thankful that God offers us the alternative; a lifestyle where we are not shaken and tossed about like a wave in the ocean, and a lifestyle that leads to God’s blessing. Why are we worried and why would we accept anything less than optimum? God has a good and perfect plan for every one of us: *“For I know the plans I have for you,” declares the Lord, “plans to prosper you and not to harm you, plans to give you hope and future.”* (Jeremiah 29:11) *“This is what the Sovereign Lord, the Holy One*

*says: In repentance and rest is your salvation.”* (Isaiah 30 :15) Jesus came into the world. He took our sins and paid the price on the cross. He was buried and raised from the dead on the third day, so whoever believes in Him has eternal life and a life to the full. Jesus said: *“The thief comes only to steal and kill and destroy; I have come that they may have life, and have it to the full.”* (John 10:10) In returning to God and resting in His promises, there is something and there is someone who has the power to deliver us from danger; the name above all names, Jesus Christ!

Returning to God means to repent from our sins and turn to God alone. We should keep going back to God, to continually be turning to Him, seeking His face, looking and searching to find Him and to find His will. Resting in God does not mean inactivity but having an inward peace. It involves our hearts and our minds having the peace that comes from relying on God and all His promises that we read and find His will. Resting in God means the peace that comes from relying on God and all His promises that we read and find in the Bible. It is the inactivity of striving. As we return and rest in God, we find that we are saved from turmoil and distress. In trusting and putting our confidence in God, we find strength. And in quietness we can think clearly and hear God’s voice giving us clear direction. This gives us a sense of assurance and security and makes us stronger even in the midst of turmoil. Often when trouble, difficulty, and challenge come we are quickened to stress, run around, talking and discussing from every angle and doubt floods our hearts and minds. But God is giving us an alternative: returning, resting, trusting and having confidence in Christ Jesus our Lord. These steps save us from destruction, restore us and cause us to be strong. These qualities lead us to a peaceful life. So let us trust in Him who said: *“Come to me, all who are weary and burdened, and I will give you rest.”*

**3. RECEIVING GOD’S REWARD:** God is just waiting for us to get off our stress, worries, busyness and doubt. He is waiting for us to return to Him and lay in His arms to rest in quietness and peace. God knows how much we are in need for help that is why He offers His strong and powerful arms. Moreover, in coming to Him, there is a wonderful reward: *“Yet the Lord longs to be gracious to you; He rises to show compassion. For the Lord is a God of justice. Blessed are all who wait for Him.”* (Isaiah 30:18)

**My dear and beloved:** There is so much that God offers to us. But the greatest of this is His MATCHLESS, UNBROKEN COMPANIONSHIP! Today God is offering us this matchless, unbroken companionship! This is how we were designed and created – to rest in God.

**My Prayer:** *“Heavenly Father, I come before You in the name of Jesus who dies for my sins on the cross to give me eternal life and life to the full. Lord, today I come back to you. I repent and ask forgiveness for all my sins and trespasses; I want to rest in your arms, Lord. Take my hand, guide me and lead me in your way. Thank you, Lord. This is my prayer in Jesus’ name, Amen.”*