



Finding Rest

Description

Are you tired? Worn out? Burned out on religion? Come to me. Get away with me and you'll recover your life. I'll show you how to take a real rest. Walk with me and work with me—watch how I do it. Learn the unforced rhythms of grace. I won't lay anything heavy or ill-fitting on you. Keep company with me and you'll learn to live freely and lightly. (Matthew 11:28-30, MSG)

Are you soul weary? Are you having a difficult time seeing the light at the end of the tunnel? Is your heart heavy for someone right now? Do you just need a moment of rest, a moment to breathe, a moment to escape the downpour in your life? Jesus has the answer. He has made a way for you. Here are the steps to true rest for your soul.

Step 1 ~ **Come**

Yes, it's that simple! All you have to do is show up! God wants to take care of the rest. Jesus simply said, "Come to me..." Will you come?

This is what the Lord says: "Stand at the crossroads and look; ask for the ancient paths, ask where the good way is, and walk in it, and you will find rest for your souls." (Jeremiah 6:16)

Step 2 ~ **Surrender**

Feel free to bring every burden and everything that is causing you to be weary. God can handle it! He can handle your broken dreams, your failing marriage, your wayward children, your lost job, your financial strain, your health concerns, and so many things that are weighing you down right now. God has been sitting on the throne and HE will never leave it! He will continue to stay in control even through the tough times of your life. We don't have to always understand what He's doing to know that He has a plan! And His plans are always good!

“And we know in all things God works for the good of those who love him, who have been called according to his purpose.” (Romans 8:28)

Step 3 ~ Rest

When you find that sweet spot of surrender before the Lord, take time to rest. Jesus desires to give you that rest. Step 1 and 2 are very important, but you need to remember to follow through on this step. Let God refuel you. Let Him energize you! Let Him refresh you. Give God time and He will give you rest! Do you have five minutes to spare? If so God has an unlimited supply of rest for you!

May these few Scriptures refresh you as you reflect on these thoughts and take the time to let God refuel you! Reflect, Refresh, and Refuel... Please take time to do this in the next few moments!

“I will refresh the weary and satisfy the faint.” (Jeremiah 31:18)

“Find rest, O my soul, in God alone; my hope comes from him. He alone is my rock and my salvation; he is my fortress, I will not be shaken.” (Psalm 62:5-6)

“Because you are my help I sing in the shadow of your wings.” (Psalm 63:7)

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