

REST

By **Kathy Firkins**

Not long ago my husband asked me to consider (strongly) spending our 14th wedding anniversary “**resting**.”

Resting. Was it sleeping? Napping? Reading or watching TV?

Unable to identify in my mind a sound definition of **resting**, I reluctantly agreed.

After a whole day and a half of **resting**, I was completely exhausted! I spent the remainder of the weekend working quietly beside him as *he rested*.

Puzzled about my strange reaction, he asked me, “Why can’t you just **rest**?” Unable to answer, I took a short journey through scripture to discover where my **rest** comes from.

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.” (Matt. 11:28-30, MSG)

God’s resources are unlimited.

The work of the Lord is **rest**.

God’s energy never runs out. He can furnish us with an endless supply of spiritual, emotional and physical **rest**...only if we turn our body, mind and soul over to Him. (Yes, mom, that includes your schedule and activities too!)

Maybe you’re like me-- a busy, energetic mom with a to-do list longer than the line at the supermarket. Sometimes we simply cannot sit still. That’s okay!

God doesn’t call us to stop; He calls us to **rest** in HIM.

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