

REST

As a consequence of the 'fast-paced' 'technology-driven' society in which we live, I'm hearing this comment more and more, "Pastor, I feel weary and fatigued. How do I find rest?" In the words of a famous Simon & Garfunkel song, "Slow down, you move too fast, you got to make the morning last." According to recent studies, living under unnatural time pressures triggers a myriad of psychological, social and physical ailments. The result of this disconnection from God's appointed pace for life is causing people to show up in therapists' and doctors' offices every day. Disconnected from the natural rhythms of our bodies and souls, we struggle to adapt to the strange vacuum caused by the technological and unspiritual world we have created. Ravi Shankar said, "Activity and rest are two vital aspects of life. To find a balance in them is a skill in itself. Wisdom is knowing when to have rest, when to have activity, and how much of each to have. Finding them in each other - activity in rest and rest in activity - is the ultimate freedom." I totally agree with this, but what does God's word have to say about it? In the Bible there are 652 verses on work, 643 verses on rest, and 65 verses on play. Therefore, God wants us to keep a balance between all three, and to do them in an appropriate rhythm using a wise technique.

I am reminded of a story I once heard... One man challenged another to an all-day wood chopping contest. The challenger worked very hard, stopping only for a brief lunch break. The other man had a leisurely lunch and took several breaks during the day. At the end of the day, the challenger was surprised and annoyed to find that the other fellow had chopped substantially more wood than he had. "I don't get it," he said. "Every time I checked, you were taking a rest, yet you chopped more wood than I did." "But you didn't notice," said the winning woodsman, "that I was sharpening my axe when I sat down to rest." Likewise, we should be 'resting in God' and sharpening the sword of the Spirit - to confront the enemy of our souls.

In Exodus 33:14, God said to Moses, "***My Presence will go with you, and I will give you rest.***" Indicating that His divine presence brings about rest! In Matthew 11:28 Jesus said, "***Come to Me, all you who labour and are heavy laden, and I will give you rest.***" While people run here and there trying to find rest, Jesus simply and calmly says, "*Come unto Me.*" There is a place of rest; a place of quietness; a place of peace and His name is Jesus. He invites you to come to Him and find the rest your soul is seeking. People are looking, struggling, striving, fighting, rushing, and searching - all in an effort to find what only Jesus Christ can give. Henry David Thoreau said, "*Most men lead lives of quiet desperation.*" Many are troubled and agitated in their souls, and they try to find rest in all the wrong places. People look everywhere and try everything in the effort to find rest for their souls. Yet, the only person who can give rest is Jesus, and His invitation is simple... "Come to Me!"