

Finding Rest in a Crazy World

Feeling very overwhelmed one busy morning this week, I sat down to search for sanity and peace in my daily reading. As I read the text for the day. I felt God had just thrown me a life line. *"There remains a rest for God's people"* (Hebrews 4:9). Thank you Lord. You know exactly what I need, and when I need it!) I felt peace and hope calm my racing heart. The word "rest" sounded so good at that moment. I desperately need God's rest to calm my spirit in the midst of a crazy world.

Have you ever stopped to ask yourself - What is God's rest? How do I find it when everything is spinning, when peace is hard to hold onto and I'm barely making it through the demands, difficulties and painful trials of life.

Unconsciously I started humming the lines of an old hymn. (I love the way the Holy Spirit brings scripture or hymns back from the deep recesses of our minds when we don't even know they're there!) *"There is a place of quiet rest, close to the heart of God"*. There's the answer! Hebrews 4.9 is talking about God's internal peace, a rest we can only find when we're close to God's heart. God is a Spirit being. When we lose our inner peace, when we're stirred up, anxious, stressed, or in pain - the only place we can find rest for our soul is close to the heart of the One who loves us and can minister to our inner being by His Spirit. Working harder, accomplishing more tasks, or completing all our to-do lists, will not bring us the rest that God promises in this verse.

I get excited when the Holy Spirit takes me on a journey of discovery through His word. It's like a treasure chest - the deeper we plunge into it, the more treasure we find - it's never ending and just gets better and better - I love it! He took me on a journey into His 'rest' that morning. If you are weary and worn out today, why don't you make a cup of tea or coffee and spend some time getting close to God's heart.

Hebrews 4:11 says we must be "diligent" about entering His rest. Getting close to God's heart doesn't just happen. We need to make a conscious decision to go against the flow of the world and choose to enter into His Presence. God promises if we seek Him we will find Him. I've shared some of the verses and the hymn He gave me that morning. I pray they bless you as they did me. Meditate on them, write them down, savor them like honey until they bring you into His presence, until you feel your soul being nurtured and cared for deep in the secret place of His heart. Let Him hide you under the shadow of His wing, hidden from the world like a small bird protected from the roaring sea by the cleft in the rock. He is waiting for you, longing to lovingly hold you close to His heart. Right there is where you'll find rest for your soul. Follow Him now to the secret place and there find your resting place today and every day.....

Yours in His Love
Liz

LUV Devotions, December 2009

For Meditation and Reflection:

God's Promise of Rest: Hebrews 4.9

Where do I Find It?: John 12:26; Psalm 91:1; Psalm 27.5; Psalm 31.20; Matt 11;28

How do I know if I'm in His presence? Exodus 33:14; Psalm 16:11

Hymn: Near to the Heart of God

1. There is a place of quiet rest,
Near to the heart of God,
A place where sin cannot molest,
Near to the heart of God.

Chorus

O Jesus, blest Redeemer,
Sent from the heart of God,
Hold us, who wait before Thee,
Near to the heart of God.

2. There is a place of comfort sweet,
Near to the heart of God,
A place where we our Savior meet,
Near to the heart of God.

3. There is a place of full release,
Near to the heart of God,
A place where all is joy and peace,
Near to the heart of God