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[**Faith and Rest**](https://public-api.wordpress.com/bar/?stat=groovemails-events&bin=wpcom_email_click&redirect_to=http%3A%2F%2Ffaithencounters.impart.org%2F2024%2F11%2F14%2Ffaith-and-rest-4%2F&sr=0&signature=241e6727bc5e82c99adc59a89866e9ef&blog_id=127938330&user=d4772d34747c29138d6356de987fff13&_e=&_z=z)

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| |  |  | | --- | --- | |  | By **Martha Rodman** on November 14, 2024 |   *Come to me, all who labor and are heavy laden, and I will give you rest. 29 Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls. 30 For my yoke is easy, and my burden is light.” Matthew 11:29-30*. ESV.  Our 17-month-old granddaughter is hesitant to learn to walk. The other day I faced her toward her mother and said "go to mommy". Her mom said, "Come, Sofia". Sofia, excited to go to Mom, took off and made it a few feet to her. It was a joy to watch her take these steps. She will walk soon. One of these days, I am sure, she will not respond to "come". Instead, she will head out in her own direction! Her mom's arms were open, ready to receive her amazing daughter. Our amazing Heavenly Father is doing the same! His arms are open and ready to receive us. All we have to do is remember his invitation to "come".  Jesus is not just inviting us to come to Him, but He has a rest to give us! Life seems to get more complicated and complex. I would like to remind us today. We have an amazing sanctuary waiting for us if we just respond to His invitation. What do we find as we come? His promise of rest.  Oh, the promises about rest the Word holds for us! Exodus 33:12-14, we find a conversation Moses had with the Lord. Moses said to the LO*RD, “See, you say to me, ‘Bring up this people,’ but you have not let me know whom you will send with me. Yet you have said, ‘I know you by name, and you have also found favor in my sight.’ 13 Now therefore, if I have found favor in your sight, please show me now your ways, that I may know you in order to find favor in your sight. Consider too that this nation is your people.” 14 And he said, “My presence will go with you, and I will give you rest.* It was God's intention all along to show His people His ways and His thoughts...and along with this intent, comes rest. There is a rest that comes when we comprehend we don't have to do life on our own. As we learn about Him a greater peace and rest comes into our hearts and souls. Are you a learner? Have you set yourself to keep learning about Him through His Word? The more I read and study, I realize how much I thought I knew. Yet, there is so much more to know! Then comes the challenge of the application of the new learning in my life. What is amazing is, He teaches us how to do that too!  When I was a child, I fought napping and resting. I think my mom really enjoyed the break from us! I got in so much trouble for "faking it". When I equated "rest" to doing nothing or sleeping when I was younger--I hated it. As an older person, I've learned to enjoy body resting times. However, I've discovered God's intention of "rest" is so much more than just body rest. He wants us to take a break for our mind and soul as well. It is so difficult to stop a racing mind, so that is why He gives us instructions. *Looking to Jesus, the founder and perfecter of our faith, who for the joy that was set before him endured the cross, despising the shame, and is seated at the right hand of the throne of God.* Hebrews 12:2. As we decide to look to Him, we can't help but re-focus on what He went through for us. When we do this, our trial, though as fiery as it seems, is nothing compared to His suffering.  *This is what the Sovereign Lord, the Holy One of Israel says: Only in returning to be and resting in me will you be saved. In quietness and confidence is your strength.* Isaiah 30:15. NLT. (The rest of this verse ends in, *but you would not.)*It is our choice whether we return to Him during times of trouble, or keep to our own thoughts. *You will keep in perfect peace all who trust in you, and all whose thoughts are fixed on you.*Isaiah 26: 3. NLT.  The rest that God calls us to is an active rest. As we actively focus our minds and hearts on seeking Him and His ways, hope comes. Don't be afraid of His yoke. Don't be afraid of His burden. His yoke is so much easier to bear than the yoke of our own sorrow, fears, and trouble. His burden is so much lighter than the cares of this world. Trying to manage our family, finances and other challenges on our own is so hard. Laying down pride, control and independent thinking might be difficult, but not as hard as doing life without His help! This is where His rest begins makes a difference in our attitudes, thus our lives. Hebrews 4:8-11, *For if Joshua had given them rest, God would not have spoken of another day later on. 9 So then, there remains a Sabbath rest for the people of God, 10 for whoever has entered God’s rest has also rested from his works as God did from his. 11 Let us therefore strive to enter that rest, so that no one may fall by the same sort of disobedience.* It's worth it, my friends. His rest is amazing. |