[**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%2F07%2F25%2Ffaith-and-rest-3%2F&sr=0&signature=2b9f7a1e177e09d17c8afa7a501f51b3&blog_id=127938330&user=d4772d34747c29138d6356de987fff13&_e=&_z=z)

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| |  |  | | --- | --- | | https://0.gravatar.com/avatar/3f13af1d3e2a35ad581f9ba697fd060a4b7d8a719664a4a449058f8ff4e8c587?s=96&d=identicon&r=G | By **Martha Rodman** on July 25, 2024 |   *Only in returning to me and resting in me will you be saved. In quietness and confidence is your strength, but you would have none of it. Isaiah 30:15 NLT.*  As I have been reading through the book of Isaiah, I have been struck by how far God's people have strayed from His purpose and plan. But even though He gave them rich and wonderful promises, they refused to listen. *God has told his people, there is a place of rest; let the weary rest here. There is a quiet rest, but they would not listen. Isaiah 28:12. NLT.*  I actually thought, "how can you be so dumb!". You traded your powerful, amazing God for the idols of your neighboring countries. You thought idols of wood and stone, along with pagan worship practices, would bring your freedom and life, but you were so wrong. But then I thought about myself. Do I access God's rest and promises in the fullness that I can or should? Life has been busy and, if I can admit it, a bit stressful lately. I need to trust His promises even more than ever. A couple of weeks ago, I woke up with vertigo. I felt like a drunken sailor. My furniture placement proved helpful in navigating to the bathroom because I needed its stability! My dear daughter -in- law Becca came over and did some kind of blood pressure test to make sure it wasn't anything serious, but I had to rest.  I realize I am not very good at resting. Someone asked me today about my Sabbath. Hmmm, I try to plan it usually on Fridays, but it hasn't been happening lately. So when the dizziness re-appeared today, I was forced to retreat to my bed and rest. Both the end of the scripture in Isaiah 28:12 and 30:15 tell the Israelites that there is an opportunity to rest, but they "would not." I think we are not much different than they were--we want the "rest" but we want it on our terms.  Psalm 23:1-2 *The Lord is my shepherd, I have all that I need. He lets me rest in green meadows; he leads me beside peaceful streams.* Is He my shepherd? Am I allowing Him to lead and guide me to those peaceful, restful places? I have to admit, not like I used to. Dehydration can cause all kinds of symptoms. My water intake has been noticeably reduced, which can lead to vertigo. So, I am back to focusing on water, rest and food! I don't want to be like the Israelites "who would not" take advantage of God's wisdom.  This morning I sat and read Isaiah 40-44. Such amazing words of life are in these passages. These are sections that promise a wonderful Savior is coming, and we know who He is. We get to walk and rest with Him, if we don't get too busy doing our own thing. *Have you never heard? Have you never understood? The Lord is the everlasting God, the Creator of all the earth. He never grows weak or weary. No one can measure the depths of his understanding. He gives power to the weak and strength to the powerless.* *Isaiah 40:*28. Sometimes, we as believers act like we have never heard of Him!  Yes, this is our God. The one we get to walk with. Are you feeling weak or frail? Not just your body, but in your soul? Take the time to wait on and with Him. *But those who trust in the Lord will find new strength. They will soar high on wings like eagles. They will run and not grow weary, They will walk and not faint. Isaiah 40: 33.* This is our promise my friends, but it will only happen if we allow Him to lead and guide us to those resting places. He has them prepared for you, but you must take the time to enter into His rest. Fretting, worrying, fear, anxiety are not found in His presence. Remember, this next verse is not just something to quote, but something to actually learn to walk out*.* *Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. Philippians 4: 6-7.* During this busy, stressful time, not only did I neglect hydration, I did not take the time to bring all my requests to the Lord. I thought I was, but as I wrote out that scripture, I recognized I was just carrying them in my head and not casting them off to Him. Maybe I am not the only one?  *Father, I thank you for teaching us how to enter into Your rest. I thank you for forgiving us for not letting You be our Shepherd and trying to run our own lives. Help us re-set today and start anew. In Jesus' Name, amen.* |