James Addison: A Prayer to Rest in God

Lord, I pray you would calm my anxiousness. Father, you say in Philippians 4:6-8 to be anxious for nothing, but when I tell my request to you, you will give your peace. And yet, I still get anxious. God you are Jehovah, the God who heals. And you are Jehovah Jireh, the God who meets needs. Help me to meditate on your truths, so I don’t get anxious.
Help me to rest in You, Lord. To remember you are sovereign and in control of everything. And even when things get difficult, Lord, you are bigger than any problem I could possibly have.

Father, sometimes I can’t rest because what I face looks impossible. And yet, you tell me in Luke 18:27 “the things that are impossible with men are possible with you. In fact, you love it when you work out the impossible. Then there’s no question who did it. It had to be you.

God you tell me in John 14:1 that I should not let my heart be troubled. Father, help me to keep my mind on you and how big you are when my circumstances start to weigh me down.

You are God Almighty. The one who hung each star in place. The one who knows them each by name as it says in Isaiah 40:26. Lord, you are the one who never gets tired. You give strength when I am weary. When I feel weak, you will give me power. Help me remember that your power is unending. Amen!!!

Edna Humphrey: How to Rest in God.
Matthew 11:28 “Jesus Promise to you”
Come unto me, All ye that labor and heavy ladden and I will give you rest.

The Lord offers you peace, comfort, and rest, but He won’t force you to receive those blessings. But sometimes getting the rest you need can be challenging. You inhabit an interconnected world that never slows down and never shuts off.

The world tempts you to stay up late watching the news or surfing the net or checking out social media or doing countless other things that gobble up your time and distract you from more important tasks. But too much late-night screen time robs you of something you need very badly: SLEEP.
Are you going to bed at a reasonable hour and sleeping through the night?

More thought’s about rest
A) Energy and time are limited entities. Therefore, we need to use them wisely. Focusing on what is truly important.
B) Life is strenuous. See that your clock does not run down.
C) Jesus taught us by example to get out of the rat race and recharge our batteries.
D) Be still, and in the quiet moments, listen to the voice of your heavenly Father. His words can renew your spirit. No one knows you and your needs like He does.
E) Time for a few reflections and sharing.

Deborah Byrd: Our Responsibility To Rest

Genesis 2:2-3
1. Thus the Heavens and earth were finished and all the host of them.
2. And on the seventh day God ended his work which He had made, and He rested on the seventh day from all the work He had made.
3. And God blessed the seventh day, and sanctified it: That in it He rested from all his work which He created and made.

Rest is a gift from God
Tossing and turning in bed, I fretted over my weekly task. Family, friends, and even people I barely knew depended on me. For the fourth night in a row, I watched the clock change to 3:00am before I fell asleep. The alarm I set for 6:00am shocked me into starting my day. I snapped at my husband, barking orders at my son, I rushed him into the car. I don’t remember driving to his school, but I’ll never forget watching his teacher close the classroom door before I headed outside and collapsed from exhaustion onto the playground. A friend drove me home and promised to care for my son until my husband returned from work. My neighbor prayed over me and stayed close by until I woke up eight hours later.

1. What are the benefits of rest?
2. If God rested, what is that telling you and I?
3. Can you identify with the reading?

In our busy world, we can overlook the value and the importance of rest. But it’s an important part of God’s design and purpose for us.

We can worship God by resting. What a priceless gift from God!!!!