

## **How Does Faith Rest?**

*"...he that is entered into rest has ceased from his own labors as God did from his."*

(Hebrews 4:10)

God's idea of resting in our faith is *not* sitting in front of a television, eating chips all evening long. God's idea of resting includes being busy! You can work hard for the Lord Jesus and at the same time be at peace in your heart.

Rest in the Christian life is freedom from worry, anxiety, and stress. It is a relaxed enjoyment of each day as we work for the Lord.

Neither does resting mean to relax from being tired. God does not want us to wear ourselves out working for Him.

Can you imagine God sitting down in front of a television eating chips? Does God need to rest because He is tired? No, God is never tired even though His responsibilities never end.

God rested on the seventh day because all of the work of creation was complete. His rest is an example to us. We rest because everything has been created or made for us. God has not failed us; He has already made everything we need or will ever need! Man and woman were placed into a garden that was complete. Adam could toil and dress the garden without a worry in the world. He could enjoy his labors. We also, can enjoy our work in the Garden of the New Birth.

Jesus entered a boat and commanded the disciples to *"go to the other side"*. He then laid down and slept, even during a storm. The disciples were worried and fearful. They even woke Jesus up and blamed Him for not being concerned about them. Jesus rebuked the storm and then rebuked the disciples. If Jesus could sleep through a storm, why couldn't they? The disciples made it safely to the other side by the word Jesus spoke in the midst of the storm. Like Jesus, we too can find a promise from the scriptures, fluff it up like a pillow and sleep on it during the worst storms of life. God's promises are designed to give us peace. Faith can only work with an attitude of peace.

What storm are you facing? What scriptures have you chosen to put your faith in? Are those scriptures more real than the circumstances in which you find yourself? If not, meditate on the scriptures for a day. Turn off the television, radio and music and let the Word of God remain in the forefront of your mind all day. The first thing tomorrow morning, choose to rest on the promises. Choose to separate yourself from worry and concern, and go about your business serving the Lord. If God promised it, He will cause it to come to pass. This is the true rest of God.

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