



“Come to Me, all you who are weary and burdened, and I will give you rest.” Matthew 11:28

The Bible speaks a lot about rest. It is a continual theme throughout Scripture. God is very serious about rest. From the beginning of His Holy Word He reveals to us the importance of rest, starting with the 7th day of creation; not because He needed to rest (Isaiah 40:28), but because He was modeling the importance of rest to His creation.

“Rest” is defined as “peace, ease or refreshment.”

Lately I find myself reflecting on the kind of rest we all need. The “rest” that we discover in the Gospel of Matthew. For the Christian, the ultimate rest is found in Christ. He invites all who are “weary and burdened” to come to Him and cast our cares on Him (***Matthew 11:28; 1 Peter 5:7***). It is only in Him that we find our complete rest from the cares of the world; from the uncertain times we are living in; and from the worry about what the future will look like.

Restlessness is the state of being unable to rest, either physically or mentally.

And by now, a whole lot of people are experiencing “restlessness”. But it doesn’t have to be that way for the Christian. If we truly understand the meaning of “rest” we will trust in Christ.

Mental restlessness can have several causes, from worry, discontent, inactivity, and fear. And a lot of us are finding ourselves experiencing most of the above, if not all of them, at certain times these days. But we don’t have too.

In Jesus we find complete rest from the labors of our self-effort, our worries and fears. We can now cease from our spiritual labors and rest in Him, not just one day a week, but always. And honestly, I can’t think of a better time to start putting this fundamental biblical truth into practice.

What an incredible gift we have been given in Christ to be able to cast all our fears onto Him, and to “rest” in Him. Where else can we find the rest that He alone provides for us? There is no where and no one that can give us peace of mind, refreshment, grace, mercy, and unconditional love like Jesus can.

Seasons of restlessness are part of being human, but if the restlessness continues, we should examine the reasons for it and take action. God wants His children to have deep, sweet restfulness of soul; not anxiousness, worry and fear.

During this time of isolation and uncertainty are you “resting”? It is never too late to fall into the loving, restful arms of Jesus. He will catch you and refresh you!

In His grace, Lynda

