

The Voice

White Mountain Bible Church

September 2026

Only There

Song by Shane & Shane

Oh, how long my heart has struggled
With its fear and unbelief
Though my heavy-laden spirit
At the cross would find relief

I have wandered in this darkness
Not a ray of light within
But my faith at last has led me
To the cross with all my sin

Chorus: Only there, only there
Love and mercy flow for me
Only there, only there
Can I find my rest in Thee

Only there my hope is clinging
Trusting Christ and Christ alone
Knowing full I stand forgiven
Through Thy merit not my own

And I know that You will keep me
None can separate Your love
I employ the power that saved me
To the Savior's feet I come

Chorus

I find my rest (only there)
I find my peace (only there)
I find my hope (only there)
I'm finding everything I need

Chorus

I will find my rest in Thee

We want you to be a part of all of the exciting things happening at WMBC. If you are new here, coming to an event is a great way to get to know our church family.



22

Thanksgiving

Dinner

4:30 pm



12

Women's
Luncheon

11:00 am

19

Christmas
Concert

6:00 pm

24

Christmas Eve
Service

4:30 pm



The Beauty of the Rest



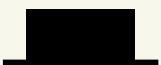
The icons on this page are musical symbols known as rests. They are a moment of silence amidst all of the notes in a piece, used to create rhythm, phrasing, and emotion. Rests are of equal value to the notes of the same name. A half note receives 2 beats, therefore a half rest equals 2 beats of silence. Having taught piano for 26 years, I can verify that rests are generally undervalued, and underplayed, by students. Eager beginner musicians just want to get right on playing the notes (which is admittedly very fun). They often ignore the rests entirely, which changes the entire landscape of a musical piece. My go-to phrase when teaching rests is “The silence is just as important as the sound.” Rests create space within music, a momentary pause, a beat or two of stillness...and the effect is MAGICAL.

 In our Christian lives, we often act like eager beginning piano students...skipping over the rests so we can get to the good stuff. In our early years, we hate to nap, afraid that we are going to miss something. In college, we are too busy having fun and “finding ourselves” to allow for rest. As moms to young ones, rest doesn’t happen nearly enough. The years are short and fleeting, but the days are very long. In ministry, we are sometimes consumed by our “to-do” lists, church commitments, and performative expectations. Even in retirement, our days are filled with commitments, grandchildren, travel, and service. When do we rest?

Rest is Biblical, and God-ordained. We see it time and again in the Scriptures. In the very act of creation, God shows us the cycle of productivity and rest. For 6 days, God created. He spoke into being the masterpiece that we call Earth, teeming with animals, ocean creatures, tides and waves, fruit-bearing trees, and even the first man and woman. When His work was finished, God RESTED. (Genesis 2:2)



The Bible also teaches the cycle of work and rest in the use of the land. The Israelites worked each patch of land for 6 years, and in the 7th year, they let the land rest by letting it go fallow. They could not sow fields or prune vineyards during this Sabbath rest for the land that was dedicated to the Lord. (Leviticus 25:4)

 There are many instances in the Bible when Jesus intentionally withdrew from His earthly ministry to rest. In Mark 6:31 Jesus encouraged His followers to go to a quiet place and rest. And in Mark 1:35, Jesus left the house and went to a solitary place to pray and recharge spiritually.

If the land rested, God Himself rested, and Jesus rested, shouldn’t we? Matthew’s Gospel gives us one of the most well-known and often quoted passages about rest. Matthew 11:28-29 says “Come to Me, all who labor and are heavy laden, and I will give you rest. 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.”

In this beautiful season of Fall, where even the trees let go of their leaves and rest, may we also seek rest for our souls. We are not designed to be consumed by work, worry, and weariness. Our physical bodies need rest, and our souls need the rest that we can only find by coming to the Lord with our burdens.



 The next time you listen to a stunning piece of music, pay careful attention to the rests. Without them, music would be chaotic and messy, just like our lives are when we don’t get adequate rest for our bodies and our souls. As in music, the silence in our lives is just as important as the sound. Bring your burdens to the Lord today, and find precious, perfect rest.

by Laurie Rask