

Rest? Who are we kidding? That's the attitude that today's fast-paced culture conveys. Resting is impossible, isn't it? Or if not impossible, then immoral, right? And we'll miss out on something if we rest, won't we? The culture, together with our own crazy habits, seem to drive us ever forward at breakneck speed. But rest, we know, is essential. Endless restlessness builds nothing but toxic stress. If we never stop, we soon find ourselves racing through life with a weariness that robs us of joy. No amount of adventure or accomplishment can satisfy when the body has no rest. Rest doesn't just recharge batteries for the next go round. Rest lends depth and meaning to life.



The Bible gives even deeper meaning to rest. We all know that God worked six days before spending the seventh day in rest. But did you know that we are still in his seventh day of rest? God finished his creation work on the seventh day. He didn't start over again. And Christ finished his greatest work of redemption on the cross. We already live in God's kingdom, his Eden garden opened to us through the life, death, and resurrection of Jesus Christ, even as, paradoxically, we work in his will while awaiting the

earth's full restoration. Come to Christ, all whom life burdens and wearies. He shepherds us into laying down in green and restful pastures. Walk in his ancient paths, where you will find rest.

And so while we have work and many other things to do, we trust that God has already accomplished what we most need. He has rescued us from the brokenness of endless wearying activity. We trust God to provide, while we walk confidently, assuredly, and restfully with him. We do not race through life, building our own castles. We instead lean on him, marveling at what he is constructing in these temples we call bodies. We then move with grace and creativity, in his vitality, doing his work, proclaiming the glory of his Son. Work, indeed all holy activity, means resting and reveling in him.