

BLESSINGS ALWAYS

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Association Minister Message

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REST. “Now when the king was settled in his house and the Lord had given him *REST* from all his enemies around him...God do all that you have in mind, for the Lord is with you.” (2 Samuel 7:1-3). Jesus said, “Come away to a deserted place and by yourselves and *REST* a while.” (Mark 6:30). It seems that most of us are rushing from one place to another, often tired from doing all the things on our lists and are exhausted to the point of not getting things done. We sleep fitfully and miss the *REST* needed to be productive and positive about life itself. David needed *REST* from enemies. Jesus needed *REST* from crowds desiring His miracles, teachings, and healings. Jesus takes His disciples to a “deserted place and *REST* a while,” however the crowds found Him, and demanded Jesus to help them. He has compassion for them and provided ministry to them.

In one of Genesis’ creation stories, God *RESTED* from all the creation activity that was done. The commandments emphasize six days of work and a *REST* Day. We sometimes say there are not enough hours in the day to get things done. *REST* is not possible with a guilty conscience or when having disagreements with family, fellow workers, even with God, or thoughts about financial, physical, and spiritual issues. There are so many demands placed upon us to get things done, to earn a living, to lead a just and peaceful life, and to care for God’s creation as stewards of God’s blessings given to us. No wonder we need *REST* and time away from the demands of trying to live life as a gift and not as a curse.

We need *REST* from the enemies of our minds, bodies, and spirits. We need *REST* from the demands to be powerful, beautiful, wealthy, and successful. There is a saying, “There is no *REST* for the wicked” that has a response, “But the righteous don’t need it (*REST*).” *REST* should not be seen as disengagement or evil, but rather as renewal of our lives to serve others. *REST* is loving oneself, loving others, and loving God so that love in us can reach out in strength to others. **BLESSINGS ALWAYS.**