

## Daily Devotional, April 28, 2021 Finding Our Rest in Him

***“Come to me, all you who are weary and burdened, and I will give you rest.” Matthew 11:28 (NIV)***

Writing on the topic of rest is not so easily done when the one who is writing struggles with making rest a priority. Resting is a necessary part of life and truly biblical, but not always an action practiced by most people. Time is valuable to all of us, and all too often, rest is not as high a priority as it ought to be. In fact, it may not even be a priority at all. We get so caught up in the busyness of work, school, family, ministry, and so much more, that we forget to take time to simply rest and sit in the presence of God.

1 Kings chapter 19 begins with the prophet Elijah fleeing from Queen Jezebel. He is so exhausted that he asks God to take his life instead of having to make the long journey back to safety. In the previous chapter, chapter 18 of 1 Kings, God has used Elijah to do mighty and powerful miracles for His glory. So, the question becomes, why now does Elijah suddenly become very doubtful, depressed, and discouraged?

In verse 4, Elijah has travelled a day into the wilderness and sits under the shade of a tree. In essence, he begins to try and reason with God as to why God should end his life. After much pleading, he eventually grows weary and falls asleep. An angel then proceeds to awaken him, bringing him food. However, being exhausted, he falls back asleep, then awakens a second time and eats the food, which strengthens him and enables him to travel in strength for the next *forty days*. God was faithful in meeting Elijah's needs in that moment. But before the meal came, Elijah complained and doubted God would take care of him despite the Lord's previous faithfulness to him.

Elijah was operating out of a place of exhaustion, not rest, which made his mind weak and open to doubts, depression, and deception.

We tend to act like Elijah in our own lives don't we? We get caught up in so many tasks, responsibilities, activities, and commitments, that burn-out sets in. It is good and healthy to be involved, and to have responsibilities, however, when we become involved in too much that we have no time left to rest and spend time with God, that's when we fall into trouble. Jesus said in Matthew 11:28 to “come to me all you who are weary and burdened, and I will give you rest”. Not only do our bodies need physical rest, but also *spiritual* rest. Jesus says to come to Him, and He will give us the rest we need—of mind, spirit, and body.

Take some time this morning to sit in the presence of God. Set aside all distractions and anxieties that you may be carrying into the day. Let His Spirit refuel you through prayer and the reading of His Word. Yes, God delights in work, and in ministry to His people, but He also loves when we simply spend time alone with Him, sharing our hearts, and meditating and praising who God is.

***Prayer: Jesus, all too often, I feel stressed-out. Help me to accept your invitation to come empty and receive the rest I need. Help me to willingly release my worries, my agenda, and my to-do list. Ease the tension and replenish my body. Remove the heaviness of my day and pour out abundantly into my life Your peace, joy, and love. Fill me until my life reflects the beauty of resting in You. Amen.***