

Rest

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

Father, I've turned everywhere else.
I've sought relaxation instead of rest.
I've substituted comfort for peace.
The shell of security I've tried to build
only weighs me down with anxiety.

I hear Your words of love:
In quietness and trust is your strength. (Isaiah 30:15, NIV)

*Take my yoke upon you and learn from me,
for I am gentle and humble in heart,
and you will find rest for your souls. (Matthew 11:29, NIV)*

O God of fervent love,
passionately jealous for my best good,
I turn to You now.

What if I could truly know You—
not just know *about* You,
but know *You*?

What if by simple trust I could realize
Your personal presence with me,
moment by moment?

If in that presence I could know
Your gentleness,
Your power,
Your faithfulness,
Your love?

If trust could become
a personal relationship between us,
not an abstract concept?

What if I could simply know You,
and know You always with me?

Would Your rest then reign in me?
Would it fill my mind, my emotions,
and the desires of my heart?

Would it put me at peace with the past,
at peace with the present,
and eagerly anticipating a glorious future in You?

Would it reconcile me to myself,
to each person in my life, and
to You?

Could I go to bed in it,
get up in it,
work, have fun, and face adversity in it
without getting it wrinkled?

Would I then share Your deep peace—
that wholeness and harmony
You enjoy within Yourself,
that is found in You alone?

Come to me...and I will give you rest. (Matthew 11:28, NIV)

Father, I want to know You.
I want to rest in Your presence.
I come to You now.

Hymns:
Lord, How Good to Rest in You
Psalm of Trust

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