**God’s Rest**

*Hebrews 4:5*

Embracing God’s rest can be challenging. It is challenging because the concept of resting in God may not have been clearly explained. Or someone may have loosely used God’s rest as a cliché in a sermon or casual conversation. However, when we genuinely understand the power of what resting in God entails, and what it provides, we will actively pursue it!

Hebrews 4:1-11 gives us a broader view of the concept of God’s rest and emphasizes the importance of our obedience and faith as a prerequisite for entering that rest. The Israelites lacked faith to understand God's rest and they faced numerous challenges that prevented them from entering His rest. Both the Old and New Testaments show that they lacked faith and became defiant. Hebrews 3:17-19, addresses the consequences of lacking trust and disobedience. God requires faith! Hebrews 11:6 says: For without faith, it is impossible to please God.

The word “rest” in Greek means to cease, refresh, rejuvenate, or be revitalized. The place of rest is where we allow God to do His work, and we cease our labor. God has gradually revealed to me the importance of entering a state of rest. This rest represents complete surrender, reliance, trust, and faith in God. It is acknowledging His power amid the turmoil, pain, suffering, sickness, or loss I am facing. It is during difficult times that God invites us into His rest!

Instead of accepting God’s invitation to rest, we try to figure out how we will pay our bills, keep our businesses, and maintain our health, families, and relationships. This is a sign of disobedience and lack of faith. God, in His compassion, gently reminds us that He did not call us to provide for ourselves. He said, “I am your provider!” He did not call us to heal ourselves. No, He said, “I am your healer! I am your peace, and I am your covering! My only requirement is that you enter my rest.” You must choose by faith to enter God’s rest.

In Matthew 6:25-27, Jesus tells us not to worry about our lives, what we eat, drink, or our bodies. He reminds us that he provides for every aspect of our lives. He is the Good Shepherd! Luke 10:40-42 tells us the story of two sisters – Martha and Mary. Martha was burdened with serving and complaining. Mary sat at the feet of Jesus. Martha cried to Jesus, “Don’t you care that my sister is not helping me?” Jesus replied, "Martha, Martha, you are worried, bothered, and anxious about so many things, but only one thing is necessary, and Mary has chosen the good part.” At times, many of us have found ourselves in a situation like Martha’s. We are so consumed with worry, tasks, and the issues of our lives that we miss the opportunity to enter into God’s rest. May we all learn the power that comes from being in His rest.

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