

My Loved Ones:

God says in Matthew 11:28, 29 - Come unto Me, all you who labor and are heavy laden, and I will give you rest. Take My yoke upon you, and learn of Me, for I am meek and lowly in heart, and you shall find rest to your souls.

John Wesley, one of the founders of the Methodist movement, said that Christians must “learn to live with a slack rein.” That was true then, just as it is true now in our hectic world. We all need times of relaxation and rest. But rest in the Bible is always associated with the presence God. We must take time to be with Jesus, and He, by being in His presence, gives us true spiritual rest, renewal and really, a type of revival. It is possible for Christian people to experience “burn out” while engaging in good activities for God.

Resting in Jesus must be practiced by us daily regardless of the pressures upon us. It must be in the present tense, not just some nostalgic memory of the past. We must let God have our inner worries and conflicts.

Jean Sophia Pigot lived in Ireland and died at the age of 37. Not much is known about her, but it is obvious that she had some circumstances in which she had to learn to rest in Jesus with His peace.

The story is told about Hudson Taylor, the great missionary to China, that during the terrible days of the Boxer Rebellion there, as missionaries were being killed and buildings being burnt, Taylor sat at his desk singing quietly the words of this hymn that he loved so well. This is also one of my friends, Dennis Bills,' favorite hymns.

Jesus, I am resting, resting in the joy of what Thou art; / I am finding out the greatness of Thy loving heart. / Thou hast bid me gaze upon Thee, as Thy beauty fills my soul, / for by Thy transforming power, Thou hast made me whole.

O how great Thy lovingkindness, vaster, broader than the sea! / O how marvelous thy goodness lavished all on me! / Yes, I rest in thee, Beloved, know what wealth of grace is Thine, / know Thy certainty of promise and have made it mine.

Simply trusting Thee, Lord Jesus, I behold Thee as Thou art, / and Thy love, so pure, so changeless, satisfies my heart; / satisfies its deepest longings, meets, supplies its ev'ry need, / compasseth me round with blessings: Thine is love indeed.

Ever lift Thy face upon me as I work and wait for thee; / resting 'neath Thy smile, Lord Jesus, earth's dark shadows flee. / Brightness of my Father's glory, sunshine of my Father's face, / keep me ever trusting, resting, fill me with Thy grace.

Determine to spend time daily for your own soul's refreshment, renewal and rest.

We love you and are praying for you today.