

HELEN SANDERS

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HE LEADETH ME BESIDE THE STILL WATERS

In the busyness of life, we so often do not take time to rest. I can attest to that. I have worked in the public for most of my life. Our ministry has never been “large enough” to sustain us without an additional income. Sometimes we worked six days a week and then ministered on Sunday and also Wednesday night church services. I started taking a half a day off about 15 years ago, then it became a whole day. Yet even when I was off, I didn’t do much “resting” because there was always something to take care of. I felt guilty if I didn’t “get things done.” I learned that this was not good for me.

Our bodies need the rest that I didn’t give mine. After so many years of being busy I found it very difficult just to sit still and “rest” without any distractions. Yet, when I did it, I realized how much I needed it. Now when I do it, I don’t feel guilty.

God has instructed us to have a “day of rest”, and for good reason. Our bodies, souls and spirits need it! When we rest, we need to get in a place where it is quiet. Psalm 23 tells us that the “shepherd” leads his sheep beside the “still waters”. There is a reason for this. Sheep are very skittish. They frighten easy and run when they are scared. The “shepherd” knows that he must take them to a place where they won’t be afraid.

Of course, we don’t have a literal shepherd dragging us to that place, but the Lord leads us by his Spirit into a quiet place. Sometimes it is sitting still and closing our eyes and thinking about him and just “listening” for him to speak. It is in these times that you are refreshed. It is in this place that you “hear” what the Spirit says. Sometimes He will wake you up from sleep to come and be with Him. Other times, it is simply sitting somewhere that there are no distractions.

Wherever that place is, you must visit there often. You will find the more you visit the more you are refreshed. It is that “secret place” that Psalm 91 speaks of that you find “Him”. He is waiting for us there and wants to spend time with us more than you can imagine. Think of a loving father that wants to spend time with his children. That is the way it is with God. He will meet you there when you take the time to rest and go there. Meeting Him there beside the still waters will do as Psalm 23:3 says, ***“He restoreth my soul.”***