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REST

In Hebrews chapter 4 Paul writes about entering into the “rest” of God. He speaks of the Hebrews in the wilderness that did not enter into God’s rest because of their unbelief. Unbelief is motivated by fear my friend. It means you do not trust God to do the work that is necessary to bring your petitions to pass. When we do rest it means to get quiet and trust God no matter what the circumstances are.

Verses 9-11 say, ***“There remaineth therefore a rest to the people of God. For he that is entered into his rest, he also hath ceased from his own works, as God did from his. Let us labour therefore to enter into that rest, lest any man fall after the same example of unbelief.”***

Think of that rest like this: Picture a baby that is crying. It just cannot stop. Then their daddy or momma picks it up and holds it in their arms, calming that baby until it stops crying. Often the child will go to sleep, forgetting why they were crying.

This is what God wants us to do. He wants us to let go of all the things that hinder us from trusting Him, and rest in His arms like that baby, trusting that God is working things out, in his timing.

Many think if they do not rest that they are displeasing God, but the opposite is true. There is no one that does not need to rest from their labor. God cannot use a tired mind and body like he can a well-rested one.

Never feel guilty that you take time to rest in the natural, and in the spiritual. God will be there with you when you do.