**The Imitation of Christ by Thomas A. Kempis**

**BOOK THREE:** INTERNAL CONSOLATION

### **Chapter 21:** Above All Goods and All Gifts We Must Rest in God

**Quote:**

“The Disciple

ABOVE all things and in all things, O my soul, rest always in God, for He is the everlasting rest of the saints.

Grant, most sweet and loving Jesus, that I may seek my repose in You above every creature; above all health and beauty; above every honor and glory; every power and dignity; above all knowledge and cleverness, all riches and arts, all joy and gladness; above all fame and praise, all sweetness and consolation; above every hope and promise, every merit and desire; above all the gifts and favors that You can give or pour down upon me; above all the joy and exultation that the mind can receive and feel; and finally, above the angels and archangels and all the heavenly host; above all things visible and invisible; and may I seek my repose in You above everything that is not You, my God.

For You, O Lord my God, are above all things the best. You alone are most high, You alone most powerful. You alone are most sufficient and most satisfying, You alone most sweet and consoling. You alone are most beautiful and loving, You alone most noble and glorious above all things. In You is every perfection that has been or ever will be.

Therefore, whatever You give me besides Yourself, whatever You reveal to me concerning Yourself, and whatever You promise, is too small and insufficient when I do not see and fully enjoy You alone. For my heart cannot rest or be fully content until, rising above all gifts and every created thing, it rests in You.

Who, O most beloved Spouse, Jesus Christ, most pure Lover, Lord of all creation, who shall give me the wings of true liberty that I may fly to rest in You? When shall freedom be fully given me to see how sweet You are, O Lord, my God? When shall I recollect myself entirely in You, so that because of Your love I may feel, not myself, but You alone above all sense and measure, in a manner known to none? But now I often lament and grieve over my unhappiness, for many evils befall me in this vale of miseries, often disturbing me, making me sad and overshadowing me, often hindering and distracting me, alluring and entangling me so that I neither have free access to You nor enjoy the sweet embraces which are ever ready for blessed souls. Let my sighs and the manifold desolation here on earth move You.

O Jesus, Splendor of eternal glory, Consolation of the pilgrim soul, with You my lips utter no sound and to You my silence speaks. How long will my Lord delay His coming? Let Him come to His poor servant and make him happy. Let Him put forth His hand and take this miserable creature from his anguish. Come, O come, for without You there will be no happy day or hour, because You are my happiness and without You my table is empty. I am wretched, as it were imprisoned and weighted down with fetters, until You fill me with the light of Your presence, restore me to liberty, and show me a friendly countenance. Let others seek instead of You whatever they will, but nothing pleases me or will please me but You, my God, my Hope, my everlasting Salvation. I will not be silent, I will not cease praying until Your grace returns to me and You speak inwardly to me, saying: "Behold, I am here. Lo, I have come to you because you have called Me. Your tears and the desire of your soul, your humility and contrition of heart have inclined Me and brought Me to you."

Lord, I have called You, and have desired You, and have been ready to spurn all things for Your sake. For You first spurred me on to seek You. May You be blessed, therefore, O Lord, for having shown this goodness to Your servant according to the multitude of Your mercies. What more is there for Your servant to say to You unless, with his iniquity and vileness always in mind, he humbles himself before You? Nothing among all the wonders of heaven and earth is like to You. Your works are exceedingly good, Your judgments true, and Your providence rules the whole universe. May You be praised and glorified, therefore, O Wisdom of the Father. Let my lips and my soul and all created things unite to praise and bless You."

**Definition:**

Rest: Finding peace and contentment in God amidst the struggles of life

**Scripture:**

Exodus 20:8-11 (MSG)

Observe the Sabbath day, to keep it holy. Work six days and do everything you need to do. But the seventh day is a Sabbath to God, your God. Don’t do any work—not you, nor your son, nor your daughter, nor your servant, nor your maid, nor your animals, not even the foreign guest visiting in your town. For in six days God made Heaven, Earth, and sea, and everything in them; he rested on the seventh day. Therefore God blessed the Sabbath day; he set it apart as a holy day.

Matthew 11:28 (MSG)

“Are you tired? Worn out? Burned out on religion? Come to me. Get away with me and you’ll recover your life. I’ll show you how to take a real rest. Walk with me and work with me—watch how I do it. Learn the unforced rhythms of grace. I won’t lay anything heavy or ill-fitting on you. Keep company with me and you’ll learn to live freely and lightly.”

**Concept:**

True rest can only be found when we prioritize God above all else and enter into a deep and complete rest in God.

**Discussion:**

What does it mean to enter into a complete rest in God?

How does striving to accomplish our objectives take us away from God's Rest?

Why does God give us both work and rest?