

How do we relax?

When stress is surrounding us and/or we feel overwhelmed,

What do we do?

Do we turn to our "drug" of choice?

Busyness?

Alcohol?

Food?

Sex?

Relationship?

Whatever?

Or do we do the opposite?

We can you know choose...to STOP to PAUSE and to REST.

There is a place,

A holy place,

Where time as we know it,

Ceases to exist and we actually/literally

Enter the REST of God.

This is not always and inactive sort of rest,

It is not a nap,

(Although it can be)

It is an intentional CHOICE

To bring "all" that we are,

Every concern,

Every care,

Every need,

And enter the REST and PEACE of God.

He has invited us in Matthew 11:28-30 to come to him when our heart is overwhelmed.

Perhaps next time we need to RELAX,

And in this world that is quite often,

We will PAUSE instead of RUN,

Or maybe we WILL run,

But run into the promised REST and relax all our cares on Him.