



In Psalm 62:1 we read these words: "My soul finds rest in God alone." Now I can't speak for you but this is a statement that I often forget as I go through my day. I think we have all gotten to a point where we seek rest in many different places or in many different things. For me, depending on what is going on in my life often determines where I go for help. I just want everything to run smoothly and so when I hit a bump on the road, I feel unable to rest until it's fixed. I suppose what I am trying to say is that our circumstances can easily rule our emotions and our actions if we let them. But that isn't the way God wants us to deal with the things that happen in our lives. Scripture is always trying to direct us to look beyond our circumstances. Instead of getting swept up in the whirlwind of daily events, we should have our lives anchored on the truths and promises of God. In order for you and me to be able to rest in God, we need to remind ourselves of His goodness and His love. It was only when I totally understood how precious I was to Him, that I could have the assurance that He would take care of me. My friends, God will take care of you, if you let Him. I would try and fix everything in my own strength because I thought the things

happening in my life were too trivial to bother God with. But then I remember one day when I was at my wits end I heard God say; "Keith, let go, give it to me, I've got this!" At that very moment I knew it would be okay. God wants us to rest in Him because He has got our backs and He is in the business of taking care of His children. In Psalm 62:2 He is referred to as the "rock" on which to stand. Throughout our lives we will have seen close friends change but we can depend on God, He never changes. We can depend on His being continually loving and compassionate.

For you and I to rest on the Lord means that we need to know God intimately and have our hearts and minds fixed on Him. When we know who God really is, and truly believe we are in His hands, we are, as

David said, "not shaken" Psalm 62:5. I love this simple illustration about flying in an airplane. When you simply know that the airplane will get you from point A to point B, you don't really worry when you hit a rough patch. You know it's just momentary turbulence, a patch that comes and goes. However, if you doubt the skill of the pilot, you might see that turbulence as a sign that any second you're going to crash.

We can choose to trust that God will take care of us and so our problems can be seen as a little turbulence on the way. I want to invite you to follow David's example and to go to God because like David you will find that; "My soul finds rest in God alone. He alone is my rock and my salvation ... He is my fortress, I will never be shaken" Psalm 62:1. When you feeling emotionally overwhelmed, just stop, take a deep breath and say to yourself, "My soul, find rest in God alone." It's our choice to make. We rest in Him or we can try and go it alone which in my experience never brought me peace or rest. Start looking to God, meditate on His Word, lean on Him just as David did and there you will find your rest and you will find peace.

