

John 6:47-51 ESV

47 Truly, truly, I say to you, whoever believes has eternal life. 48 I am the bread of life. 49 Your fathers ate the manna in the wilderness, and they died. 50 This is the bread that comes down from heaven, so that one may eat of it and not die. 51 I am the living bread that came down from heaven. If anyone eats of this bread, he will live forever. And the bread that I will give for the life of the world is my flesh.”

Jesus uses the account of God providing bread (manna) for the Israelites in the wilderness to reveal to you that Jesus is God providing life for you. He is the bread of life. If you feast upon Jesus, you will find abundant eternal life. God did not withhold what you needed for life. He gave it and invites you to be satisfied. In Jesus is where you will find rest. Respond to Jesus' words to feast and rest. Hearing and doing what Jesus says is how you feast. So, be obedient today and rest in Jesus!

21 Morning by morning they gathered it, each as much as he could eat; but when the sun grew hot, it melted. 22 On the sixth day they gathered twice as much bread, two omers each. And when all the leaders of the congregation came and told Moses, 23 he said to them, "This is what the Lord has commanded: 'Tomorrow is a day of solemn rest, a holy Sabbath to the Lord; bake what you will bake and boil what you will boil, and all that is left over lay aside to be kept till the morning.'" 24 So they laid it aside till the morning, as Moses commanded them, and it did not stink, and there were no worms in it. 25 Moses said, "Eat it today, for today is a Sabbath to the Lord; today you will not find it in the field. 26 Six days you shall gather it, but on the seventh day, which is a Sabbath, there will be none." 27 On the seventh day some of the people went out to gather, but they found none. 28 And the Lord said to Moses, "How long will you refuse to keep my commandments and my laws? 29 See! The Lord has given you the Sabbath; therefore on the sixth day he gives you bread for two days. Remain each of you in his place; let no one go out of his place on the seventh day." 30 So the people rested on the seventh day.

This account of God providing manna and quail for the Israelites in the wilderness is a reminder and a revelation. The reminder is that God provides. God has provided in such a way that God's people grow in their trust and reliance upon God. God commanded them to rest and provided bread so that they could rest. They just needed to trust Him. You see what God did in the wilderness to trust that He will provide for you today. He commands you to rest. Rest isn't just doing nothing, but rest is peaceful abiding with God. The revelation is that when you obey you find rest and enjoy it. What do you need to obey in today? What has God called you to do that in not doing it is causing you unrest? Confess your sin to Jesus and receive forgiveness. Now, do what God is telling you. Jesus is your rest!

Deuteronomy 8:1-3 (quoted by Jesus in Matthew 4:4) ESV

8 "The whole commandment that I command you today you shall be careful to do, that you may live and multiply, and go in and possess the land that the Lord swore to give to your fathers. 2 And you shall remember the whole way that the Lord your God has led you these forty years in the wilderness, that he might humble you, testing you to know what was in your heart, whether you would keep his commandments or not. 3 And he humbled you and let you hunger and fed you with manna, which you did not know, nor did your fathers know, that he might make you know that man does not live by bread alone, but man lives by every word[a] that comes from the mouth of the Lord.

God causes you to hunger! Be spiritually mindful to not satisfy your hunger by any means other than trusting God. God knows that you need food and other resources. He will not leave you starving. As His child, God gives and gives you good things. God has told you in His word that He provides for you. Let your physical hunger remind you to be spiritually hungry. Regularly ask God to provide for your hunger (spiritual and physical). Give thanks as God provides! There is rest for you as you obey and as you feast upon God's words and God's gifts. Jesus is the bread of life and your rest!

Matthew 6:25-34 ESV

25 "Therefore I tell you, do not be anxious about your life, what you will eat or what you will drink, nor about your body, what you will put on. Is not life more than food, and the body more than clothing? 26 Look at the birds of the air: they neither sow nor reap nor gather into barns, and yet your heavenly Father feeds them. Are you not of more value than they? 27 And which of you by being anxious can add a single hour to his span of life? [a] 28 And why are you anxious about clothing? Consider the lilies of the field, how they grow: they neither toil nor spin, 29 yet I tell you, even Solomon in all his glory was not arrayed like one of these. 30 But if God so clothes the grass of the field, which today is alive and tomorrow is thrown into the oven, will he not much more clothe you, O you of little faith? 31 Therefore do not be anxious, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?' 32 For the Gentiles seek after all these things, and your heavenly Father knows that you need them all.

33 But seek first the kingdom of God and his righteousness, and all these things will be added to you. 34 "Therefore do not be anxious about tomorrow, for tomorrow will be anxious for itself. Sufficient for the day is its own trouble.

Jesus teaches in the Sermon on the Mount that God provides. Anxiety in response to lacking resources can cause you to focus on the resource in need or to try to provide what you need by your own strength. Both of those are actions of worship. Jesus reminds you that you are more valuable and God will provide for you. Today, seek God and His kingdom first and the promise is that God will provide for you. Jesus is that provision and He is your rest. Rest in Jesus!

4 Now the Spirit expressly says that in later times some will depart from the faith by devoting themselves to deceitful spirits and teachings of demons, 2 through the insincerity of liars whose consciences are seared, 3 who forbid marriage and require abstinence from foods that God created to be received with thanksgiving by those who believe and know the truth. 4 For everything created by God is good, and nothing is to be rejected if it is received with thanksgiving, 5 for it is made holy by the word of God and prayer. It is not food, drinks, or rituals that will bring you life and rest. Rest and life come from God. God has given things for your life and enjoyment. There are deceitful teachings that say to reject the things that God gives to be more spiritual, find deeper rest, and be morally superior. God tells you in this passage to receive it with thanksgiving and use spiritual wisdom gained from His word to discern how to receive it. You will experience spiritual exhaustion in disobedience, but there is rest in receiving what God gives with gratitude and a thankful heart. These are core aspects of the Christian. Thanksgiving is an aspect of rest. Rest in Jesus!