

## Proverbs 3:5-8 ESV

<sup>5</sup> Trust in the Lord with all your heart, and do not lean on your own understanding.

<sup>6</sup> In all your ways acknowledge him, and he will make straight your paths.

<sup>7</sup> Be not wise in your own eyes; fear the Lord, and turn away from evil.

<sup>8</sup> It will be healing to your flesh<sup>[a]</sup> and refreshment<sup>[b]</sup> to your bones.

You will not find rest trusting God halfway. The Psalmist writes for you to trust God with all your heart. There is another aspect that competes with complete trust of God, depending upon your own understanding. Disappointment is evidence of self-reliance. Are you lacking rest because you judge and test God according to your understanding? Maybe you doubt God and are trying to make things happen on your strength and wisdom alone. Fearing the Lord, turning away from your own strength and understanding, and declaring His presence and work in all that you have and do will bring rest and refreshment. Instead of being bone tired, your bones will be refreshed! Rest in living by faith and trusting God! Rest in Jesus!

<sup>4</sup> So Moses cried to the Lord, "What shall I do with this people? They are almost ready to stone me." <sup>5</sup> And the Lord said to Moses, "Pass on before the people, taking with you some of the elders of Israel, and take in your hand the staff with which you struck the Nile, and go. <sup>6</sup> Behold, I will stand before you there on the rock at Horeb, and you shall strike the rock, and water shall come out of it, and the people will drink." And Moses did so, in the sight of the elders of Israel. <sup>7</sup> And he called the name of the place Massah<sup>[a]</sup> and Meribah,<sup>[b]</sup> because of the quarreling of the people of Israel, and because they tested the Lord by saying, "Is the Lord among us or not?"

We are reminded that doubting and not trusting God is a disastrous thing. This disobedience leads us to accuse God and test Him to do what you demand. God's people, through faith from God in Jesus Christ, fear God and grieve. We do not want to dwell in the land of Massah and Meribah ("putting God to the test", "finding fault" and "quarreling"). We grow in truthfulness of our condition to move to that place, buy land, build a house there, and dwell. But the conviction of the Holy Spirit reminds us that this isn't our dwelling place, and we can move on to abide with God and rest in His land! We confess and find forgiveness through our Great High Priest! Find rest in Jesus!

## Jeremiah 6:16 ESV

<sup>16</sup> Thus says the Lord:  
“Stand by the roads, and look,  
and ask for the ancient paths,  
where the good way is; and walk in it,  
and find rest for your souls.  
But they said, ‘We will not walk in it.’”

As you go about your life today, take a moment and ask God to continue showing you and guiding you on the ancient path He has shown His people for thousands of years. The prophet says that this “ancient way” is the good way and that you should walk in it. Walking in the good way will bring rest to your soul. Those who refuse to walk in the good way will forever be restless. You will find rest in living by faith and trusting God. Rest in Jesus!

## Psalm 32:10 ESV

<sup>10</sup> Many are the sorrows of the wicked,  
but steadfast love surrounds the one who trusts in the Lord.

Unrest is the life of the wicked. Unrest will be the core aspect of their life. They will pursue rest relentlessly and exhaust their resources looking for it. The wicked will deceive themselves thinking they found it and convincing others to join them. You are not like that. Your heart and mind are being transformed into Christlikeness and the exhausting pursuit of the world is seen in truth as false and destructive. You are drawn to God's faithful and true love. You value God's ways and grow in trusting Him completely. Faith opens your heart and mind to know God and His good way! The righteous find rest as they live by faith and trust God. Find rest in Jesus Christ!



## Isaiah 26:3 ESV

<sup>3</sup> You keep him in perfect peace  
whose mind is stayed on you,  
because he trusts in you.

Live today with your mind fixed upon God. From trivial things to important things, give thanks and acknowledge God's presence and work today. Try this, let something mundane (car starting/running, getting gas at the station, turning on the lights, working house A/C, etc....) and something great (reconciling a strained marriage, bringing a lost/distant family/friend home, providing resources to live, finding a job, etc....) spark you to think of God, thank Him for being with you through the moment, providing you with help, causing you to think of Him, petitioning Him for help, and praising Him for His kindness. The situation doesn't cause you unrest, but God's presence and work bring peace and rest. You can find rest in chaos and peace. The righteous find rest in living by faith and trusting God. Find rest in Jesus Christ!