

47 Days Before Easter: 'Only Those Who Obey God Will Find Rest'

For the children of Israel, the Negev Desert has been the scene of a great deal of unrest. It is where they wandered for 40 years following their exodus from Egypt and stopped short of the promised land under Moses' leadership.

Certainly that is not the destination that God wants for any of us, Christian preacher and author Jamie Buckingham says.

"We should quiet our hearts and spirits in order to receive God's rest and peace," Buckingham says. "Only those who obey God will find rest. The rest of God is offered to all people through Jesus."

Jesus said in Matthew 11:28-30, "Come to Me, all you who labor and are heavily burdened, and I will give you rest. Take My yoke upon you, and learn from Me. For I am meek and lowly in heart, and you will find rest for your souls. For My yoke is easy, and My burden is light."

For Jamie's entire message, watch this video, filmed from the Negev Desert:

For more information on Jamie's ministry, visit .