

How You Can Find Rest During the COVID-19 Storm

During this season of COVID-19, many of us have had more rest or downtime because of the lockdowns. Yet anxiety and stress levels are off the charts. Depression and substance abuse have also spiked during the pandemic as millions try to cope with the mounting crisis. Is there an answer in Scripture for this critical moment in America?

In this timely episode of *Truth Talks* on Charisma Podcast Network, Pastor Ché Ahn shares the biblical principle of the Sabbath and unpacks how you can do life from a position of rest.

In the Bible, the book of Exodus reveals another amazing key to seeing success in life, found in the fourth of the Ten Commandments, to intentionally observe a day of rest. After wandering through a long wilderness season, the people of Israel were able to enter into rest when they arrived in the promised land. This is a poignant metaphor that is also used in the New Testament for what we as God's people are meant to experience in our relationship with God today.

In this message, Pastor Ché will encourage you to enter into the rest of God by partnering with His divine plan for your life. Rest does not mean the absence of hard work, but it means partnering with a supernatural God to help you to cross the Jordan River and bring down your Jerichos in life.

Listen to the full episode of *Truth Talks with Pastor Ché* on the Charisma Podcast Network [here](#).