

This May Be the Godliest Thing to Do When You're in Way Over Your Head

Are you in over your head today? Does your life seem to be a persistent and fast-moving merry-go-round of appointments and expectations and demands?

God knew that life, at times, would be simply more than one man or one woman is able to handle and so He, in His eternal kindness, initiated a brilliant strategy to deal with the vicious cycle of never-ending busyness. The victorious answer that God has for the ceaseless claims that clamor on one's life can be discovered in a four-letter word.

Rest.

"Come to Me, all who labor and are heavily burdened, and I will give you rest" (Matt. 11:28).

In this world of incessant excess, of perpetual productivity and of repetitious assumptions, there is a place of quiet rest where you will be restored, renewed and refreshed. This place of rest is a powerful antidote to the whirl of life in which we live.

I am not merely referring to eight great hours of sleep, nor am I solely encouraging a nap every now and then, although both of those disciplines are healthy and potent for the human body.

The "rest" that God calls us to is a place of unmatched communion and sweet interaction with Him. Your rest with the Lord may look different than my rest, which is part of the joy of His attention to our lives.

For me, it is restful to read a book, to listen to music and

then to go for a walk while I pray. Your idea of rest may be to spend time with a dear friend or work in your garden. For some people, resting in His presence might include watching children play in the evening hours, recalling His faithfulness over the years or even serving quietly at church.

For some people, intercession is a restful discipline while for others knitting while listening to worship music brings great rest to their individual soul. Taking a drive through the beauty of God's creation brings rest and comfort to my weary heart, while meeting with a mentor or a mentee restores my husband's tired body.

What does "rest" look like for you? Are you choosing to diligently participate in the rest that only the Father brings?

Rest is a wonderful opportunity to meet with the Father and to hear His voice. Rest can only be experienced when we lay our agenda down and partner with Him as we walk through life.

I dare you, today, to take some time to just rest!

"Return to your rest, oh my soul, for the Lord has dealt bountifully with you" (Ps. 116:7, NASB). {eoa}

Carol McLeod is an author and popular speaker at women's conferences and retreats, where she teaches the Word of God with great joy and enthusiasm. Carol encourages and empowers women with passionate and practical biblical messages mixed with her own special brand of hope and humor. She has written eight books, including *The Rooms of a Woman's Heart*, *Defiant Joy!*, *Holy Estrogen!*, *No More Ordinary*, *Refined*, *Joy For All Seasons*, *Let There Be Joy!* and *Pass the Joy, Please!* which releases on February 1, 2018. Her teaching DVD, *The Rooms of a Woman's Heart*, won the Telly Award, a prestigious industry award for excellence in religious programming. You can also listen to Carol's "Jolt of Joy" program daily on the Charisma Podcast Network. Connect with Carol or inquire about her

speaking to your group at .