

How to Find True Rest When Everything Is Crashing Around You

Pastor Judah Smith says the key to finding true rest is trusting in the work that Jesus did for you on the cross. He is in control, He is your guide and He already paid for your sins.

“Ever spent all day on the couch, and the next day you’re more tired?” says Smith. “You’re like, *I wonder if it’s physical rest I need. Maybe I need emotional rest. I need inside rest.* Well, Jesus invites us to have rest for our soul. ... ‘Deny yourself’ means to let go of what you do, what you’ve done, what you’ve tried to do, what you’ve accomplished or the identity you’ve got from what you’ve accomplished—and you rest in the work of Jesus.”

To watch the entire video titled “How to Take a Real Rest,” [click here](#).