



June 2012

Dear Friends,

Do you ever get tired of trying so hard to make things work? Do you sometimes feel like you don't have it in you to keep doing the things that need to be done? Some days I feel just plain weary from doing the work God has given me – being a wife, a mom, a friend, a daughter, a daughter-in-law, a volunteer, a servant, a cook, a maid, etc. I love all of these jobs and know that God wants me to do them well. But, add to those the stress of things like family conflicts, friends going through marriage crisis, kids bickering, husband traveling, tight finances, and you quickly reach the point of complete exhaustion. As I have prayed over this in the last few weeks, God has reminded me that it is good to reach the point where I know it's not in me to do all these things. Not without Him. In the letter from last month, Alison said it so well: "He will absolutely give you more than *you* can handle."

My husband gave me a list of verses this week about rest. They are a wonderful comfort to a weary soul. Abide in Him. Rest in Him. Walk with Him. Sure, we have to do some work, and of course we will go through hard things – He tells us that in His Word, too. But He gives us what we need to do that work and to go through those hard things. I hope you will think on these verses and let them comfort your weary soul. Notice how they span the entire Bible (and these are just a few of the verses about rest you can find in the Bible). God has wanted His people to get this concept from the beginning.

The Lord replied, "My Presence will go with you, and I will give you rest." Exodus 33:14

The Lord himself goes before you and will be with you; he will never leave you nor forsake you. Do not be afraid; do not be discouraged. Deuteronomy 31:8

The Lord is a refuge for the oppressed, a stronghold in times of trouble. Psalm 9:9

I keep my eyes always on the Lord. With him at my right hand, I will not be shaken. Psalm 16:8

The name of the Lord is a fortified tower; the righteous run to it and are safe. Proverbs 18:10

Fear of man will prove to be a snare, but whoever trusts in the Lord is kept safe. Proverbs 29:25

This is what the Sovereign Lord, the Holy One of Israel, says: "In repentance and rest is your salvation, in quietness and trust is your strength, but you would have none of it." Isaiah 30:15

The Lord is the everlasting God, the Creator of the ends of the earth. He will not grow tired or weary, and his understanding no one can fathom. He gives strength to the weary and increases the power of the weak. Even youths grow tired and weary, and young men stumble and fall; but those who hope in the Lord will renew

their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint. Isaiah 40:28-31

“Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light.” Matthew 11:28-30

Then Jesus said to his disciples: “Therefore I tell you, do not worry about your life, what you will eat; or about your body, what you will wear. For life is more than food, and the body more than clothes. Consider the ravens: They do not sow or reap, they have no storeroom or barn; yet God feeds them. And how much more valuable you are than birds! Who of you by worrying can add a single hour to your life? Since you cannot do this very little thing, why do you worry about the rest?” Luke 12:22-26

If God is for us, who can be against us? He who did not spare his own Son, but gave him up for us all—how will he not also, along with him, graciously give us all things? Who will bring any charge against those whom God has chosen? It is God who justifies. Who then is the one who condemns? No one. Christ Jesus who died—more than that, who was raised to life—is at the right hand of God and is also interceding for us. Who shall separate us from the love of Christ? Shall trouble or hardship or persecution or famine or nakedness or danger or sword? As it is written: “For your sake we face death all day long; we are considered as sheep to be slaughtered.”

No, in all these things we are more than conquerors through him who loved us. For I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers, neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord. Romans 8:31-39

“My grace is sufficient for you, for my power is made perfect in weakness.” 2 Corinthians 12:9

Resting in Jesus,

*Hebrews 13:16 “And do not forget to do good and to share with others, for with such sacrifices God is pleased.”*