

Melva's Corner



Ready For Rest?

July 30, 2007

Central Truth: As you experience God's presence, you are changed, never to be the same again. What an awesome thought. What an opportunity for transformation. In His presence.

"Are you tired? Worn out? Burned out on religion? Come to me. Get away with me and you'll recover your life. I'll show you how to take a real rest. Walk with me and work with me — watch how I do it. Learn the unforced rhythms of grace. I won't lay anything heavy or ill-fitting on you. Keep company with me and you'll learn to live freely and lightly." (Matthew 11:28-30 The Message Version)

Reaping the blessings in the above scriptures require something of us that we are reluctant to give: our time. Our complete and undivided attention is what Jesus is asking of us. As hard as it may be to give it, it is obvious that we cannot receive the benefits unless **we go with Him, walk with Him, keep company with Him, and watch how He works.**

The only true way to find the kind of rest we are searching for is through prayer, time in the Word and meditation.

Prayer offers a means to give our worries to God, who in return promises a supernatural peace, a peace far more wonderful than the human mind can understand. Could it be as simple as that? Yes, but it requires a commitment to pray regularly.

Spending time in meditation with God is like a gracious gift spilling down from the mercy and generosity of our Father who loves us. Time in solitude with Him is indescribable.

Maybe the spiritual discipline of solitude is misnamed. Solitude is not just being alone. It's being alone with God. Maybe, instead of solitude, it should be called, "presence." That's really

what it's all about — you and the Great I Am — just the two of you, alone but together. You placing yourself, in silence and reverence, before the Creator and Sustainer of it all. And as you experience His presence, you are changed, never to be the same again. What an awesome thought. What an opportunity for transformation. In His presence.

When you first start to discipline yourself to prayer and meditation you may find your prayers labored and meditation difficult. However, as you keep exercising your meditative spirit and keep praying, you will gradually develop more and more ability to pray. You will become more thoughtful, more compassionate, and your worldview opens up as your understanding of God enlarges. Then finally you find yourselves running to spend time with God and His Word and in His presence.

Sure, it may require new habits of thought, new disciplines, new direction. And, of course, it demands a choice that you make and keep on making. But the miracle is not your own ability to be re-programmed; rather it is the unlimited grace available to you.

Just be patient with yourself in this new quest and God will grow in your life beyond your expectation!

Prayer:

Father, in the name of Jesus, I thank you for removing the clutter of activity from my life today. Lord, I thank you that I am keenly aware of your presence in the quiet times. For it is in those times, my spirit is able to receive your Truth.

Scriptural References:

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