

## **The Gift of Rest – Cheryl Gibson**

He said, “Come with me by yourselves to a quiet place and get some rest.”  
Mark 6:31

Rest is a precious gift from God. It helps us to navigate life and commune with Him. It's a gift we possess but often times use inconsistently or not at all. Over the past several months, God has made it clear to me the need for rest. This season of life has been extremely busy. In addition to everyday responsibilities, God has presented new opportunities and experiences to glorify Him for which I am deeply thankful. However, in order for me to carry out His plans and purposes, I've made a decision to set aside a time for rest with my Lord.

Like Mary, when I take the time to sit at Jesus' feet, I know I have made the right choice. In His presence, there is fullness of joy, tranquility, and strength. I know that I can simply just be and not say a word. My Abba Father already knows my thoughts, concerns, doubts, faults, and fears. Yet, He loves me still. He loves my vulnerability because it says I am totally dependent on Him for everything. Apart from Him I can't do anything. But when I come to Him in humility and submission, I can hear His still, small voice that tells me all I need to know.

My omniscient Father knows that rest is essential for my soul. Rest refreshes my soul and allows me to reflect on God's goodness and presence in my life. It's the gift that keeps on giving. Each day I open this gift and I am delighted by what it brings. “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). Thank You, Abba Father for the gift of rest!