

# FINDING REST

By Paralee Eadie

Is your life just much too busy? Are you going, going, going,  
And doing, doing, doing, without much progress showing?

When you come home you're exhausted, but there's so very much to do,  
Dinner, dishes, and laundry, check on who's texting you.

You want to stay in the loop, but you have a hard time saying no.  
You want to stay connected, but you get more stressed as you go.

Are you so busy doing life that there's no time for Jesus?  
Have you taken your eyes off the cross, forgotten how He sees us?

He took all your sins on the cross, paid the price you could never pay  
That you might have eternal life, and fellowship with Him every day.

Jesus came that you might have life, and life more abundantly.  
He's created and chosen you for a special destiny.

Dear One, you are in need of rest, and that will only come to be  
By keeping your eyes on the cross and His great love for you and me.

**Matthew 11:28** NLT "Then Jesus said, 'Come to me, all of you who are weary and carry heavy burdens and I will give you rest.' "

**Isaiah 26:3** KJV "Thou wilt keep him in perfect peace, whose mind is stayed on thee, because he trusteth in thee."

**Philippians 1:6** NIV "Being confident of this, that he who began a good work in you will carry it on to completion until the day of Jesus Christ"

I love what I heard one pastor share about rest. He said rest doesn't mean no progress. Rest in Him means you rest in His strength, His power to see you through.

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God did not plan for life to be hectic; busy, yes, but hectic and exhausting, no. Destress your day by taking, even a moment, to talk with Jesus at the start of your day. He has a plan for your day. Ask Him to help you know and follow that plan. If your day becomes hurried and stressed, take a moment to look at the cross, remember His great love for you, and rest in that love.

Perhaps your life is not hectic. Because of physical restraints, illness, or age, your life is slow, very slow. Your problem is not your activities, but your mind. You feel stressed out, even deprived or depressed, because of what you want to do, but can't any longer. God still has a plan for each of your days no matter what your limitations. Just trust Him to guide each of your days. Claim this wonderful promise in Psalms 73:26 NLT "My health may fail, and my spirit may grow weak, but God remains the strength of my heart; he is mine forever."

My husband, Rod, is of Scottish ancestry. Our family was blessed to learn that the Eadie clan's family motto is "The cross gives me welcomed rest." We thank God for ancestors who understood that rest and peace come only through Jesus.

Don't have a clan, or crest, or family motto? Neither did my side of the family, until my grandmother chose one for us. He even hung a plaque of the motto on her front door. She chose Joshua 24:15b KJV "As for me and my house, we will serve the Lord."

This Easter, why not get together with family and choose a motto to stand on and to pass on to future generations.