

The True Life of
REST



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THE KEY TO SUCCESS

In this life we all want to be a success, Jesus calls it bearing good fruits in *John 15:16*. We all want to be the best version of ourselves and have the best relationships. Jesus calls it *“Love your neighbor as I have loved you”* in *John 15:12*.

THE DANGER OF SELF-DEPENDENCE

How easy it is to enter into this challenge by ourselves, with our own wisdom. We may even read all kind of self-help books to help us increase our productivity, our organizational and relational skills but end up tired, discouraged and at the end of our rope. Coming at the end of your rope, might be a good thing as it could lead you to the ONE who knows the beginning from the end and who has all the answers, all the wisdom.

While there is absolutely nothing wrong with always reading and learning as this is good and healthy, our problem lies in trying to do life in our own strength and wisdom. The very term “SELF HELP” rings a bell of independence from God which you and I should steer away from.



We all want to be the best version of ourselves and have the best relationships.

THE EXAMPLE OF JESUS

It is hard to wrap our brain around the fact that the creator of the universe wouldn't and couldn't do anything on His own. How have we been so deceived into thinking that we, His creation can do it on our own and have it all figured out.

The truth is that we can't and like Jesus, we must learn to be totally dependent upon God. He is our example, the One we must follow and imitate.



It is amazing to me to see Jesus, the creator of the Universe, through whom all things were made and who could have easily assumed He just knew what to do, because after all He created the World, but yet, how amazing to see that He never did anything by His own initiative but only what He could see his Father do, or hear His Father say in *John 12:49*:

“For I have not spoken on My own authority; but the Father who sent Me gave Me a command, what I should say and what I should speak.”

Jesus was so surrendered and submitted to the Father’s will and His ways of doing things. He probably knew a whole lot, but yet never made any decisions apart from the Father’s guidance. He even went as far as saying in *John 5:30*: *“I can of Myself do nothing”*.

THE LORD OUR SHEPHERD

Have you not read *Psalms 23*? *“The Lord is my shepherd I shall not want!”* As a Shepherd He guides, He leads, He protects, He nurtures, He restores. As a sheep, all I have to do is listen, hear His voice and follow because as a true sheep I can hear His voice.

Some have a hard time following God without any reserve because after all, who wants to end up in the Valley of the shadow of death? But have you noticed the change in pronouns? It went from He (God) leading, to “I” walking in the valley of the shadow of death.



A good shepherd doesn't lead His sheep into danger but sheep can sometimes wander on their own, go their own path, do their own thing and end up in a mess. Sounds familiar?

LEARNING A LIFE OF DEPENDENCE

essential thing which is a life of total dependence on God. A life of communion with a Father who loves us. We were born to love God, walk with Him and receive every day from Him the love, the wisdom, and the “how to” of everyday life.

As women we know how to get busy and get things done but we, once again, must remember the stark warning of Jesus to Martha *“Only One thing is needful!”*

Jesus was not advocating dirty houses, and living of air and water, but He was showing us that good results, even in how to clean houses, raise kids and be successful come from communion with the Father. God wants us to enjoy the journey, not just the results. He has a better way of doing everything, even the smallest, most insignificant chores.

HOW I LEARNT THE LESSON

As a young missionary living in hostile environments, I had to learn that complete surrender and dependance upon God was a key to my protection and success. Nevertheless, today even though my life might not be so endangered, yet it is imperative if I want a true happy life, with great fruits and good relationships to continue applying this lesson.

I am still learning this thing called “intimacy” with Father. Learning to always be conscious of His presence in me, His love for me and how to draw from His amazing wisdom, even in the smallest insignificant things of life. I am learning, not to assume I know what to do but to turn my heart and my attention to God and yield to His spontaneous thoughts.

It never ceases to amaze me when Father God, through the Holy Spirit, teaches me how to do certain things I have absolutely no knowledge or training about, like building a website, or making drapes for my mother-in-law. I also remember the time He prompted me to pray for my husband only to find out at the end of the day that he almost cut his leg with a power saw... and the list goes on.



THE LIFE OF REST IN CHRIST



Look at this powerful verse in the Gospel of Matthew:

"Come to me, all of you who are struggling and burdened, and I will give you rest. Take my yoke upon you and learn from me, because 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. "

Matt 11:28-30 CJB

This is the life of rest Jesus was talking about, for His yoke is easy and His burden is light! We just have to learn to be yoked to the Spirit of God, going where He wants us to go, doing what He wants us to do. In this place, there is no stress, because all we have to do is listen and obey... He does the rest!

