

Rest Awhile

And he said unto them, come ye yourselves apart into the desert place, and rest a while: for there were many coming and going, and they had no leisure so much as to eat.—Mark 6:31

When adversity comes our way, we often stress over how we will manage with the hindrances that have arisen. Recently, I broke my wrist and my initial reaction was to question how I would accomplish all that I needed to do. I certainly did not see it as a gift from God. Even though it was not what I had planned, I know it was God's plan.

Sometimes God's brings conditions into our life to cause us to be still. I am afraid that I am a poor learner and God has to get my attention over and over again. Instead of all my activity, God desires that I be quiet and spend time with Him. Rather than resisting His beckoning, I need to be consumed with my desire to live close to Him. I need to be willing to accept obstacles that slow me down as a gift of time to spend with Him.

It is in quiet time that we come away from our busyness and trust Him. It is a time for us to be aware of His presence and to put the cares of the world behind. It is not a time for us to concentrate on what we need; it is not a time to plan future events; nor is it a time to focus on ourselves. It is a time to focus on God, a time to be still and know Him better. It is a time to rest in Him, to wait and renew our strength and refine our priorities.