

# Finding Rest

## For your Soul



*“Come unto me, all ye that labour and are heavy laden, and I will give you REST. Take my yoke upon you, and learn of me; I am meek and lowly in heart: and ye shall find rest unto your souls. For my yoke is easy, and my burden is light” **Mathew 11: 28-30.***

### Challenging Times

We live in very difficult and challenging times today. It is important that we find succor and rest for our souls whatever we may be going through. Most people have their personal struggles and battles that others may know nothing about. Many times, it's only the man or the woman that is wearing the shoe that knows where the shoe is really pinching.

The challenges that we may be facing are many and varied. This could include not being able to make the two ends meet financially, unmet expectations and sometimes expectations that have been cut off altogether, severe health challenges, severe dislocations in our relationships, disappointments, loss of loved ones, unanswered prayers in different areas of our lives etc. There are many people who sincerely love the Lord but are experiencing severe challenges in their lives and these challenges appear to linger. The pain we experience is palpable and deep. Many times, people around us are not able to feel the import of what we may be going through.

Our experiences may differ, and so does the pain that we feel. Not necessarily because we have sinned, or that we are the worst sinner around. But these things do happen, and the Lord is aware of them all. The truth is that God loves us deeply, and he wants to bring us succor, and bring our souls to a place of rest. If only we will allow him to do so. God wants to give us his peace that surpasses all human understanding, he wants to keep our hearts and minds by bringing us into His

rest. “Be anxious about nothing; but in everything by prayer and supplication with thanksgiving let your request be made known unto God. And the peace of God, which passes all understanding, shall keep your hearts and mind through Christ Jesus (**Philippians 4: 6-7**).

No matter what we may be going through, the Lord has promised that he will keep in perfect peace those whose mind is stayed (fixed) on him (**Isaiah 26: 3**). Our focus must be Him not our problems. Our hearts and minds must be stayed on Him. In the midst of everything, we must fix our eyes on him and not on the problems or the difficulties that we may be experiencing. We must keep looking unto him, who is the beginning and end of our faith “Looking unto Jesus the author and finisher of our faith; who for the joy that was set before him endured the cross, despising the shame, and is set down at the right hand of the throne of God” (**Hebrews 12: 2**).

## Looking unto Jesus

*“And Peter answered him and said, Lord, if it be thou, bid me come unto thee on the Water. And he said, come. And when Peter was come down out of the ship, he walked on the Water, to go to Jesus. But when he saw the wind boisterous, he was afraid; and beginning to sink, he cried, saying, Lord, save me. And immediately Jesus stretched forth his hand, and caught him, and said unto him, O thou of little faith, wherefore didst thou doubt? And when they were come into the ship, the wind ceased”* (**Mathew 14: 28-32**).



The Lord showed his eagerness and willingness to always be at our beck and call in the way he responded to Peter’s request. He wants to help us out always. He is always there for us. Even when we find ourselves in the deepest mess advertently or inadvertently, he is willing always to come to

our rescue. When Peter excitedly asked Jesus if he could join him in walking on the water Jesus did not refuse him rather Jesus said to him ‘Come’. And Peter in obedience to the word stepped into the water and began to walk on water. He began to walk towards Jesus on the water.

Jesus said COME UNTO ME ALL THAT ARE HEAVY LADEN AND I WILL GIVE YOU REST. It didn’t matter at the time the burden Peter was carrying, it didn’t matter whether Peter ever saw any body walked on water before, it didn’t matter what Peter’s past was at the time. The Master said to him ‘Come’ and that was the only thing that mattered. And Peter walked on Water. The Lord Jesus Christ did not sit in judgement over Peter or try to discourage him. He did not strive or argue with Peter. No one heard his conversation with Peter except Peter himself. His voice was not heard in the streets. His goal was not to break a bruised reed nor quench a smoking flask but to fan it so it can burn even more. His goal is to bring victory and encouragement to every needy soul along the way (**Mathew 12: 19-20**).

It doesn’t matter what you might be going through, you too, can walk into your rest right in the midst of all your problems as you fix your eyes on the Lord, and keep your mind stayed on Him. “Humble yourselves therefore under the mighty hand of God, that he may exalt you in due time: **casting all your cares upon him; for he cares for you**. Be sober, be vigilant; because your adversary the devil, as a roaring lion, walketh about, seeking whom he may devour: whom resist

steadfast in faith, knowing that the same afflictions are accomplished in your brethren that are in the world” (**I Peter 5: 6-9**). Our adversary is busy 24/7 trying to wear us out. His mission is to destroy and devour us but we must be sober, vigilant, and steadfast in resisting him in every area of our life.

Unfortunately for Peter he truncated his rest (walking on water) by looking away from the Lord. He allowed the boisterous wind to distract him from fixing his eyes on the Lord. He allowed himself to be overwhelmed by the problems all around him, he became anxious and troubled. He felt the chill of the ocean water on his legs, he felt the power of the boisterous wind blowing on his skin. Peter got carried away by these seemingly powerful forces working against him “But when he saw (felt) the wind boisterous, he was afraid; and he began to sink, he cried, saying, Lord, save me” (verse 30).

Peter got fixated on the problems all around him, and became afraid, rather than keeping his eyes on the Lord, and at that moment he began to sink. The first thing that happened to Peter when he took his eyes away from the Lord and felt the boisterous wind was that he became afraid. Fear is not of God. Whenever we are caught with the spirit of fear it means that the devil is around. “For God has not given us the spirit of fear; but of power, and of love, and of a sound mind” (**II Timothy 1: 7**). The truth of the matter was at the point Peter stepped into the water on the strength of the word of the Lord who asked him to come, those boisterous wind blowing against him and the chill of the ocean surface were always there with him, but because he had his eyes on the Lord, he could walk freely on the water without being afraid and without sinking. The trouble started for Peter when he took his eyes away from the Lord.

The Lord is able to break the power of these distractions in our lives. The Lord is able to set us free as we refuse to bow to the antics of the enemy, and as we resist steadfastly all the lies of the devil, knowing fully well in our hearts that the devil is a liar and the father of it (John 8: 44). Satan is our adversary, he goes about like a roaring lion, seeking for whom to deceive and devour, but we must be steadfast in faith, and resist him consistently, knowing that this is his trick, and this is what he does in the life of all our brethren world over (**I Peter 5: 6-9**).

## **Your Moment of Rest is Now**

***“Come unto me, all ye that labour and are heavy laden, and I will give you REST” (Mathew 11:28).***

This is a personal invitation from the Master himself to YOU. He sees you; he knows you more than anybody does, he can feel your pain, the shame, and the disappointment you are experiencing. He hears the cry coming from the inner recesses of your heart which no one else can hear. He understands the pain you feel and cannot articulate in words. He truly can feel you. He truly cares for you, and he wants to do something about your situation.

You may have felt neglected like the man which had infirmity thirty-eight years. Jesus knew the man had been in that state for a long time but the Lord never forgot him. Every year the man attempted to get into the pool whenever the angel of the Lord came and stirred the pool but he had no man to help him. But the Lord never forgot this man even though the problem lingered from year to year. Jesus stepped in at the appointed time and asked the man would thou be made whole?

And immediately the man responded, and Jesus said to him, rise, take up thy bed, and walk. And immediately the man was made whole, and he took up his bed, and walked (**John 5: 4-9**).

There is a word from the Lord just for you today, the Lord is extending his arm of love to you and he is inviting you, he is asking you today 'would you be made whole'. He needs you to respond, he needs you to look beyond your problems, and respond to his invitation of love. Mary said to Jesus, if thou hast been here, my brother Lazarus would not have died, but Jesus responded by saying "I am the Resurrection, and the life", yesterday I AM, today I AM, tomorrow I AM. I am NEVER LATE. I AM that I AM. I am the same yesterday, today and forever. I am a very present help in the time of trouble.

Jesus will step in to your situation in His own time. His time is the right time. His time is now. He is a very present help in trouble (**Psalm 46:1**). No matter the situation you may be going through, and it may be quite tough and devastating for you. God will rise up to your situation. He will send you help right early. "A little one shall become a thousand, and a small one a strong nation: I the LORD will hasten it in His Time" (**Isaiah 60: 22**). "He makes everything beautiful in His Time (**Eccl. 3:11**). The Lord of host is with you, the God of Jacob is your refuge. There is a river that will begin to flow again in your life, the streams thereof shall make glad your city once again (Psalm 46: 1-7). The Lord will do a new thing just for you if you will let him, he will make a way in the wilderness for you, and he will cause rivers to flow again in the desert place of your life (**Isaiah 43:18-19**).

## **Mercy Is All We Need**

*"And, behold, a woman of Canaan came out of the coasts, and cried unto him, saying, have mercy on me, O Lord, thou son of David; my daughter is GREIVIOUSLY VBEXED WITH A DEVIL" (**Mathew 15: 22-28**).*



Here is a situation of a woman heavily laden with a problem which obviously has overwhelmed her. It would appear from this account that this problem has lingered for some time. She came out from the coasts crying and desperately seeking for help. No one knew how long it took her to travel from the coasts to get to Jesus. Her heart was broken because of a need she had in her life, her daughter was not only vexed with and an evil spirit but she was grievously vexed, she was gravely and dreadfully taken over by an evil spirit.

The burden on this woman was quite a heavy burden. There was no record that she was accompanied by her husband or anyone for that matter in seeking help from the Lord Jesus. She was alone in her problem. It would appear that no one cared. Her soul desperately needed some respite. She needed rest. It is possible that you might be in such a desperate situation like this woman. And what is more painful, there seem to be no help coming from all around you.

Something resonated within the spirit of this woman that if she could only find Jesus her problems will be over. Her soul, just like the hart panteth after the waterbrooks, panteth after God. Her soul reached out for God, the living God, she wanted to meet with Jesus and explain all that she has been going through to him. There could be some of us in this kind of situation; like this woman, our tears

have become our meat day and night, and people around us are asking us daily where is our God (**Psalm 42: 1-4**).

This woman would not allow anything to stand in her way. Even when Jesus did not immediately answer her, and the disciples of Jesus attempted to stop her and to send her away because she was crying and following them. Even when Jesus said to her that it is not meet to take the children's bread, and cast it to dogs. She replied Jesus by saying 'yet the dogs eat of the crumbs which fall from their Masters table'. Jesus was amazed at this kind of faith and persistence, and he said unto her 'be it unto thee even as thou wilt'. And her daughter was made whole that very hour.

Here is what this woman of Canaan did to find rest for her soul – You too can do the same: -

- As daunting as her problems were, she refused to focus on her problems, she refused to allow her problems to overwhelm her,
- She did not deny her problems, she not only acknowledged her problems, she also acknowledged the intensity of the problem. She acknowledged that her daughter was grievously vexed with an evil spirit. Whatever the nature of our problem our God is able to take care of it.
- She would not allow any obstacle stand in her way in reaching Jesus. Not even the distance from the coast of Canaan where she lived was enough to deter her. She would not be put off by the comments of the disciples in trying to send her away. Not even the statements of Jesus to try and test her faith could hinder this woman from finding rest for her soul "But he answered her not a word. And his disciples came and besought him, saying, send her away; for she crieth after us" Verse 23.
- She did not try to make herself look good before men. She called her problem what it was, she wasn't trying to impress anyone, she was not ashamed to cry to Jesus openly for help.
- She came to Jesus by herself and requested for help. She personally responded to the call from Jesus to 'COME UNTO ME ALL YE THAT ARE WEAK AND HEAVY LADEN'. She came to Jesus because she knew deep in her spirit that she would find rest for her soul WITH JESUS. As we reach out to God sincerely in our hearts, he will answer our prayers, and deliver us from all our afflictions.
- She was specific in making her request to the Lord. Jesus said to her '.... be it unto thee even as thou wilt'. The Lord granted her the desires of her heart. You too can lay hold on God in prayers today. Instead of dancing around the bush you can be specific, you can be specific in making your request. Call on him and be specific, tell him exactly how you feel, cry out to him if you must, and He will answer you, and show you great and mighty things, which thou knowest not. **Jeremiah 33: 3**.

Source:

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