

# Coach House Church BEACONS

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## SEARCHING FOR REST

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2ND DECEMBER 2020

We live in a tired world. People are tired. We are tired. Even the world itself is wearing out.

You know that feeling, when we get to work on a Monday morning, and are already tired and wishing for another weekend. As a result of the last year happenings, with it being such an unusual year, I think people feel even more restless and tired.

That's the effect stress and fear have on us, they make us feel tired. Even before the pandemic people were tired and probably the fact that the whole world stopped for a couple of months in the first lockdown, made people see how fast they were moving through life and helped slow things down a little.

This first kind of tiredness, before the pandemic, was a physical tiredness this, was then replaced by the emotional tiredness produced by the stress uncertainty and fear during the pandemic.

Who can we blame for this physical tiredness ? ..most of the time ourselves, as we rarely take time to just be.

On my commute to work on the train and in town I rarely see people that are not attached to a pair of headphones or to their phones. It is as if we have lost the ability to be by ourselves quietly. We have to be doing something all the time, even when we rest. "Active rest", it's a thing now.

Here's a challenge for you if you fall into that category of busy people: next time when you have an opportunity, when you go for a walk, or like me, are on the train, disconnect from technology and look around you at the nature God created for you to enjoy, chat to people, if appropriate, or just enjoy the silence for a bit.

Physical tiredness comes when we don't rest and when we don't sleep, it's obvious. Talking to my students in work, I found out that lots of them suffer from lack of sleep. We will not go into how unproductive they are or how hard it is for them to concentrate. Sleep deprivation is an issue of our modern age when the lights are never switched off and cities never sleep. However, this takes its toll on our mental health; anxiety and depression sets in.

Rest is a gift from God.

After creating the world God rested, not because He got tired and needed a lie down; he commanded a day of rest for us because he knew we need it. He created us needing rest and sleep. In our modern life, rest and sleep is often neglected for the sake of work or other activities. This is a sign that we are concentrating on our own desires, things we think we want or need, and not on the things of God.

So even when we do want to go to sleep, we can't, either because we worry or are anxious or our thoughts refuse to quieten down.

When Jesus' disciples came back from where they were sent to take the gospel, Jesus took them aside, away from everybody to be able to rest and eat. The Lord knew that as human beings, his disciples would need those things. You and me should also know that we can't physically go on and on without sleep, food or drink. We need to be wise and allow ourselves time to recharge in order to be productive and the best at our game.

Jesus in Mathew 11 :28 said this

"Come to me, all you who are weary and burdened, and I will give you rest. Whether your tiredness is physical or emotional I would encourage you to bring it to Jesus today, now! He is the all knowing God. He knows about it, He is waiting for you to bring it to him and trust him with it believing that He can do something about it to help you.

In order for us to be able to come this close to God, to be able to tell him all our problems and go to him with our burdens, Jesus came in a human body and had to go through death. He did not deserve to die as he was blameless, but he accepted and endured it for my sake and yours.

In Isaiah 53:4 we find these words : "Surely he took up our pain and bore our suffering, yet we considered him punished by God, stricken by him, and afflicted." not many in His time realised what Jesus was doing, and even today most people, don't realise that Jesus endured death and separation from the Father for them to be able to come into the presence of the Lord, to be saved and have peace .

When God created the man and set him in the garden of Eden, strife, hard work and tiredness was not in His plan. Those came as a result of sin coming into the world. And even after the fall from grace, God still had a plan for man, in which

He, the creator, was carrying the heavy load. even then, the Lord planned how to get mankind back into his presence. That plan was his son Jesus.

Jesus told the people who were listening to his teachings in Matthew 11:29, 30: "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."

Jesus here is talking about giving him the control of your life. To "take up his yoke" means to accept his will for you, trust him and get rest in return. Stop worrying and struggling and just rest in his will. Allow him to be the God in your life instead of trying to do things in your strength. Submit yourself and your plans to the Lord for he loved you from the beginning; He wants to bless you and guide you to be the best version of yourself; and throughout enjoying his peace .

This won't mean that you will have a trouble free life, it means that when things go south, you are not alone, you have the Almighty God on your side.

So, if today you are searching for rest, remember this verse Mathew 11: 28 : Come to me, all you who are weary and burdened, and I will give you rest.

Let me pray:

Lord I thank you that you see us all, all the time. Thank you that you loved us enough to come to rescue us. Lord we live in a difficult time when rest is hard to come by. I pray for the people that are searching for it , searching for You, Lord bless them with your peace , give them rest. Make yourself known to them and cast out fear. In your presence there is no fear.

Thank you Lord for listening when we are prying to you.

In Jesus' name I pray

Amen



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