



WHERE CAN I FIND REST?

MATTHEW 11:28

“Come to me, all you who are weary and burdened, and **I will give you rest.**”

People that hike the ICE AGE TRAIL in the Blue Hills say it's wonderful but are glad when the hike is finished. The hike might leave you tired, sore, and worn out, but it's wonderful to come back for some rest.

Jesus also promises you rest. Life can be like a hard day on the trail. Your journey is beautiful and often enjoyable - but ultimately life will leave you tired, sore, worn out, and in a need of rest. Jesus is that rest both in a temporal and eternal sense. In the temporal, Jesus is always there with you. He's by your side as you struggle. He gives you strength to overcome every temptation, persecution, and suffering (Ephesians 3:16). But even more than that, He constantly provides you with the one thing in the world you can never find anywhere else: ultimate hope. Jesus is God, yet He came to earth as a human. Tempted and tried He endured and though innocent in every respect, He was beaten, tortured, despised, and hung on a cross. He took God's wrath, the punishment we deserve for our sinful nature so that we do not have to face it. And though He died, He rose from that death and defeated death for us! So, because of what He did, we have hope.

Paul exclaims, "Since we have been justified by faith, we have peace with God through our Lord Jesus Christ." (Romans 5:1) 'Peace with God' - the wonderful promise given to all who believe and enough rest to carry you through the difficult walks of life. And when you reach the end of life's weary trail, you'll have rest, peace, and life with God forever!

Prayer: Eternal Comforter, thank You for promising rest. Help me to feel it now and always. Amen

Adapted from Pastor Rob Schrader's book: Schrader, R. (2023). *In God's Great Outdoors: Devotions for Hikers, Campers and Nature Lovers*. Resource Publications (CA)