

Rest.

Trust in the Lord with all your heart and lean not on your own understanding. -Proverbs 3:5

I don't know about you, but I have found rest to be illusive. I find it illusive not because I'm unable to carve out some time to get rest, though that amount has become less and less over the last six months. I'll get an hour here or a couple of hours there to rest, rejuvenate--by which, of course, I mean nap or read a book. So the challenge I face is not that I cannot find the time . . . No, the rest I mean is the kind of rest where I am able to entrust to God all of my life, including my family.

The wisdom from Proverbs 3:5 exhorts us to trust in the Lord with all your heart. It appears that there isn't room for some reservation or some small part in which we can rely upon our own insight. All things - family, work, relationships, finances, past failures, future hopes - all things put in trust to God. How might this happen? The second half of the statement gives us insight. Leaning or trusting our own insight will leave us with a heart that is without rest. It's a heart trying to solve the unsolvable; the late nights spent agonizing over would have, should have, could have as well as the sleepless moments of pondering all circumstances in hopes of finding a way forward. All of which deprives the person of rest. The wisdom from Proverbs exhorts us to trust all of that stuff to the one who has a point of view that extends beyond our own.

The Lord knows our end and our beginnings. The Lord can see beyond our present circumstances and lead us to a place we cannot know by our own insight. I sit staring out at the ocean. If I take the horizon as the end, I can only see a world that extends so far. It's limited. But if I were to go to a lighthouse and climb the long winding stairs to the top, I could see further than below on the beach. If a storm were to approach, from the beach it could appear as a storm to end all storms, but from a higher view I could learn that it's bigger than it actually is. So too our lives are confined to places where our vision is limited, our insight confined, our understanding clouded. So place your desire for understanding into the hands of the very one who understands all, the Lord God, our liberator, sustainer, and counselor. In so doing, may you find rest from carrying upon your shoulders the weight of your world.

Peace,
Matt