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THE KEY TO COMFORT

LIFE IS THE KEY TO ITSELF: THE KEY TO A RESTFUL LIFE

By Love

August 29, 2025 – Awake While Asleep: The Hidden Labor of Life!

The Mystery of Divine Rest



In our previous discussion, we explored the concept of "home" as a sanctuary (which is, a physical space designed to offer solace and respite from the world's demands). We

considered how the architecture, the ambiance, and the very spirit of a dwelling can provide a foundation for peace. Yet, while the home offers a profound sense of external comfort, there exists a deeper, more fundamental form of rest—a spiritual and existential repose that support our very existence. This is not merely a break from labor, but a state of being, a divine provision that offers an unparalleled key to comfort. This article, "The Key To Comfort," delves into this profound truth by using

ancient wisdom to illuminate a reality, which is far grander than we often perceive.

Divine Completion and the Seventh-Day Rest

Our journey into this deeper understanding of rest begins with two pivotal scriptures. The first, from the book of Genesis, paints a picture of ultimate completion and divine tranquility: "Thus the heavens and the earth were finished, and all the host of them. And on the seventh day God finished his work that he had done, and he rested on the seventh day from all his work that he had done." (Genesis 2:1-2). The second, from the New Testament, is an invitation from Jesus himself: "Come to me, all who labor and are heavy laden, and I will give rest to you. Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls." (Matthew 11:28-29). These verses are not merely suggestions; they are profound declarations about

the inherent nature of our being and the source of true comfort.

Giving Life Its Rightful Place: The Center

To truly grasp this concept of rest, we must first understand the essence of "life" itself. In studying the Hebrew word for "spirit" in Isaiah 32, which speaks of the spirit being "poured upon us," we uncover a fascinating connection to the idea of a "seat." Consider the characteristics of a seat: it supports, it allows you to rest in a particular position, and it often signifies a central, prevalent position. This mirrors life itself. Life is what supports us; it is the very foundation upon which we rest our existence. It is prevalent—widespread, accepted, practiced, and universally favored over death. No one truly chooses death over life, because the advantages of life are immeasurable: the ability to

live, to eat, to connect, to feel.
Life is the ultimate priority.

Life Is A Life Center



Therefore, it is wise to position life as the rightful center of our existence. Life is the central point, the pivotal area, and ultimately, the Divine Person (for God is life) that is most important in relation to every activity, interest, and condition in our world. We speak of shopping centers, daycare centers, and medical centers, but life is the ultimate center—the faculty and sole facility that provides a place to live, and indeed, facilitates every other particular activity or service pertaining to life.

Without it, nothing else is possible.

Life the Pivot—and Life the Key

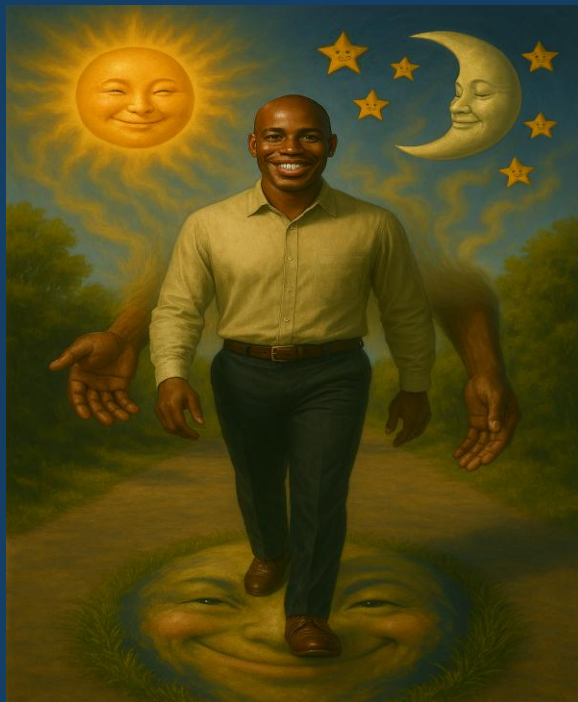
Life is profoundly pivotal, the turning point that determines life or death. Without it, we die; with it, we live, regardless of other circumstances. Life prevails over everything; it is vital and indispensable to living. It is the pivot around which everything revolves. We constantly "turn life over and over again" in our minds, contemplating how we want to live, what impact life will have on our decisions, and how we move within it to effect desired outcomes. Life is pivotal, because we can only move and act within its confines to achieve any desired end.

The Key to Life

Remarkably, we do not need a key to unlock, start, or access life. Life is its own key; it unlocks itself. If you possess life, you have access to life; your life has already started,

and life has unlocked itself to you. The cinematic quest for a "key to eternal life" misses the fundamental truth: nothing holds such power over life. To possess such power would be to usurp the divine. Life bends to nothing but life, and Life inherently rejects anything devoid of it, which is why death, rather than empowering itself, ultimately fades in the face of life's perpetual renewal.

Living While "Asleep": The Double Awareness



This understanding leads us to a startling realization about our perceived state of "wakefulness." We, as humans, believe that we are awake, yet from the perspective of life's true role, we are still profoundly asleep—figuratively, poetically, metaphorically, and perhaps even literally. We are not fully aware of the myriad circumstances, dangers, and threats that surround us, because life itself carries the monumental burden of protecting us from them. Imagine if we had to consciously maintain our bodily systems, ensure the air flows, cause the earth to move, or even create the earth. What if we had to keep the sun running, cleanse the air, or produce the rain? These colossal tasks are performed by God (Life) on our behalf. We are, in essence, resting from the truly hard work, which is why our everyday "waking" experience is akin to a dream. We often give ourselves too much credit,

when in reality, God does not need our "help" to keep life going.

Awake While Asleep: The Hidden Labor of Life

Consider the Anglerfish, a creature that, from birth to death, works without rest. Its entire existence is a continuous effort. Now imagine if we were in such a position, having to perform all the cosmic tasks mentioned earlier by ourselves, without the divine provision of life. We would be so utterly exhausted, it would be fatal. But God has placed us in His rest, within the very fabric of life itself, which enable us to rest. It is an extraordinary blessing to be able to simply be and rest.

Entering the Rest of Life

When God declared, "It is finished," and then rested, it was not the rest of an exhausted laborer. Life, which is God, is never depleted of its resources; it never needs to generate more energy. It is

designed to create its own life source; it is the only entity that cannot tire, that can work forever. So, what then is this rest? It is the state of perfect order and harmony. When God put everything in its divine order, creation was arranged and established in a peaceful rhythm. This created rest. For if nothing is set up against you, if all is in perfect alignment, you can truly rest within it. The very design of life, as God created it, possesses the inherent characteristics of rest.



Since rest is fundamentally defined as freedom from labor, look at the immense freedom that we possess, which is freedom from the heavy labor of maintaining the very functioning of life to sustain our existence. Life works tirelessly for us. We normally seek assistance to help us with our own work. Yet, in the grand scheme, we are not truly "helping ourselves" because God is performing the most critical work. Life is not assisting us to help us; rather, we are assisting life to help us to exist. Life does the most important part, and truthfully, life does not even require our assistance. It is as if life gives something to us to do merely to make us feel important, and to give us a sense of agency within its boundless embrace.

Awake—or Sleeping in His Rest?

This divine rest offers an unparalleled peace of mind. The earth, sun, moon, air, water, and food do not disturb

us, bother us, compete against us, or attempt to thwart our existence. On the contrary, everything in creation is in perfect harmony to maintain our life. We, humanity, are often the sole threat to this harmonious existence, because we frequently fail to believe in maintaining peace, understand its significance, or recognize its vital role in life. This is why it can be said that we are literally still sleeping, even when we open our eyes from physical slumber. It is like waking from one sleep only to find ourselves within another. For if the characteristic of life is peace, then the two cannot be separated. To remove peace is to endanger our lives, to threaten our existence, causing us to lose life, to be removed from it, which is, in essence, death.

Peace as Regenerative Energy



This mystery of rest is truly exhilarating. Consider the human experience: when we work, we become tired and exhausted, so we stop to rest. The opportunity to stop and rest is a blessing, but what truly elevates this blessing to another level is that rest is what regenerates our energy. Thus, peace generates and regenerates energy. Peace is life. Think about it: if nothing but life existed, then there would only be peace.

We enter into the rest of life—mentally, physically, emotionally, and spiritually—and in every aspect, life upholds us. We cannot truly

uphold ourselves; if we could, no one would ever die; we would prevent the inevitable. It is life, the divine source, that sustains us through every moment, every trial, and every triumph.

Peace, Life's Characteristic

Life keeps us from losing courage; it keeps us going. It not only imbues us with strength and hope but also eases the grief and trouble inherent in existence. Life gives itself to us, and orchestrates everything else—the sun, moon, earth, food—to perpetually sustain us. There is an immense feeling of relief from the heavy labor that we do not have to perform and from the burdens that life (God) carries for us. There is no satisfying or enjoyable experience in life without life itself; therefore, since peace is vital to life, there is no truly satisfying or enjoyable experience without peace.

The "restful life" is not simply about moments of relaxation, but about living in conscious awareness of this profound truth: we are upheld by a divine, ceaseless, and perfectly peaceful force. To embrace Jesus' invitation to "find rest for your souls" is to align ourselves with this inherent peace, to release the burden of self-sufficiency, and to allow life to be what it was always intended to be—our constant source of comfort, regeneration, and unwavering support. This is the ultimate key to comfort, an eternal repose found in the very essence of life itself.