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PULL UP A CHAIR; RELAX!

**GOD Created Life as A Way of Saying, “I Got You.
Make Yourself at Home”.**

By Love

September 5, 2025 – The Abundant Table: “Help Yourself”!

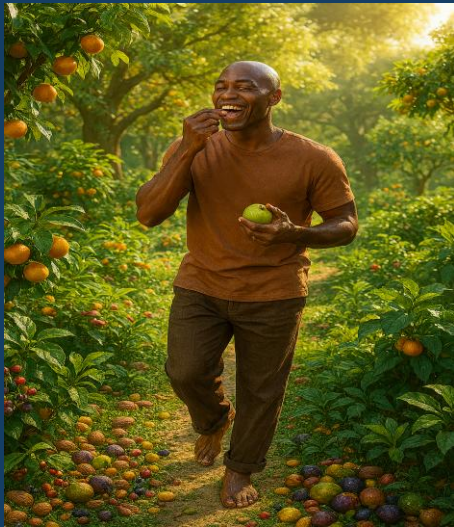


When we think back to the first two parts of this journey, we begin to see a pattern, which is, from the beginning, we have been invited-not commanded, not coerced-but gently welcomed into something that is sacred,

because Part One showed to us that the true “House of God” is not built of brick or stone, but of life itself — a house constructed by God’s Spirit, sheltering us, sustaining us, and elevating us; moreover, Part Two revealed the hidden rest embedded in that life: a peace that carries us, renews us, and protects us even when we are unaware. Now, in Part Three, God’s invitation becomes unmistakably personal: “Have a seat. Relax. I got you.”

*“Life, in its essence, is
God’s gentle whisper to*

*humanity: “Have a seat;
relax. I got you.”*



Consider for a moment what this really means. God created life as an open table, an abundant provision meant for us to enjoy freely. The food that we eat, the water that we drink, the comforts and pleasures of the world — these are all signals from God, saying, “Help yourself. Everything you need is here.” And yet, it is not only about nourishment or survival. Life itself, when embraced, brings satisfaction, delight, and even joy. The divine is embedded in everyday, inviting us to feel at home in the very fabric of creation.

To truly experience this rest, we must first learn to sit — not just in the physical sense, but with the understanding that life itself supports us. To sit is to allow ourselves to be held, to remain still, and to feel the peace that comes from aligning with God’s order. Life was designed to care for every need. Fear, anxiety, and worry emerge only when humans disrupt this divine order — through betrayal, dishonesty, or violence. When we fall into step with creation’s rhythm, when we allow ourselves to simply sit, we discover a peace that cannot be shaken by the chaos around us.

And when we lie down, we rest even more fully. Here, life bears our weight, balances our existence, and gives back exactly what we need. When we recline in trust, we experience the remarkable truth that life is actively sustaining us. We are not doing all the work; life is doing the work for us. We simply rest in its embrace,

letting God's provision hold and restore us.

Sometimes, though, rest takes a deeper form. To be prostrate is to fall completely, to surrender fully to the weight of life itself. In these moments, humility and dependence become necessary. God designed us to rely on Him and on each other, so that we remain aware of our limitations, aware that glory belongs to Him alone.

"We are not just resting — we are being recalibrated, restored, revived."



Even the strongest, the most celebrated, eventually falter. Champions fail, leaders fall, scandals arise, and age or

circumstance humbles the proud. Through these trials, God reminds us that no human can bear life alone. It is only through dependence on Him that we are renewed. To rest is not merely to cease activity, but to be regenerated, restored, and refreshed — physically, mentally, and spiritually. Therefore, the word “rest,” as we use it today, has become obsolete. It implies a mere stopping of activity, but what we truly experience is far more profound. Rest is an act of regeneration, a revival of our mind, body, and spirit. When we are at peace, we are not simply free from disturbances; we are in a state where our energy is restored, not depleted. A peaceful environment is one where others are not draining our vitality with their negativity, but where we are being made whole again.

Life has a way of teaching these lessons to us. Trials, tribulations, and moments of exhaustion can reduce us to helplessness. We have all faced situations that seemed greater than we could bear, when hope seemed distant and no help was near. Yet, here we are — carried, restored, and renewed by the very life that God has given. When we reflect on these moments, it becomes clear: all glory belongs to God, for it is He who sustains, restores, and delivers. Our prostrate positions are not signs of defeat, but evidence of His unending provision.



And yet, refreshment is not limited to moments of fatigue or sleep. True renewal is

available even while awake, when we cultivate peace and protect ourselves from energy-draining influences.

Meditation and mindfulness are not about chanting, ritual or position, but about aligning with life and the peace that God has created. Surround yourself with harmony and allow your energy to be preserved and restored. Guard your space against negativity, for it is in this sanctuary of peace that life truly refreshes, revives, and regenerates you.

“The word “rest,” as we use it today, has become obsolete. It implies a mere stopping of activity, but what we truly experience is far more profound.”

At the center of all this is the undeniable truth that life itself is essential. Without life, nothing else matters. Food, water, care, and help only sustain the living. Life alone makes living possible, bearable, and meaningful. It saves us from famine, thirst,

and despair. Life is our refuge, our source, and our salvation. Everything else is auxiliary — helpful, but powerless without the life that God provides.

“We all grow tired. This is our moment of falling prostrate before God, because it is only through life—and God’s help—that we are able to rise again. When we rest, it is life restoring us, carrying the weight that we cannot bear alone.”

And finally, when we fully enter into this rest, we cannot help but respond. Adoration, gratitude, and awe flow naturally when we experience the vitality, refreshment, and wonder of God’s provision. Even when strength is abundant and no external threat looms, the joy of life, the peace of God’s order, and the renewal of spirit compel us to worship, to marvel, and to stand in amazement. Rest is more than rest; it is devotion, admiration, and celebration of the Creator’s goodness.

God created life as an open invitation: “Have a seat. Relax. I got you.” Christ Jesus came to lead us back to this rest, to guide us into the peace and renewal that only He can provide. This is your invitation: to enter fully into God’s life, to be refreshed, regenerated, and restored, and to give glory where it truly belongs. Accept Him as your Lord and Savior, and let life — in its fullness and divine order — carry you, sustain you, and inspire you to wonder, worship, and live fully.

“People can assist with any challenge as long as we have life. But the absence of life is a problem that no one can fix. Life is our salvation—it is the foundation that makes all else possible, the force that sustains us through every trial.”