

6 WAYS TO FIND REST IN GOD

By: Minister Micah

Last updated November 12, 2024

The Bible tells that God is our Rock, our Fortress, and the Lord of our Sabbath – meaning He Is the Lord of our rest. Jesus reaffirms this to us in Matthew 11:28, “Come to me all who are weak and weary, and I will give you rest.” But, what does it mean to find rest in God? Many of us know that He Is indeed our rest, and we find rest in Him. While we know that, however, many of us have trouble establishing that rest in a world filled with so much chaos and unexpected events that require our energy and alertness. How do we find rest in God in a restless world? God has given me six ways to find rest in Him to share with you. You do not have to do these in order.

1. **Put your hope in Him (Psalm 62:5).** The world wants us to create ways and strategies to respond to life. The more we rely on own ways and strategies, the more the world can sell us improvements to those ways and strategies. The more this process repeats itself, the further away we get from putting our hope in God.
2. **Respond how He responds (Luke 9:23).** Zechariah 3:7 says, “If you follow my ways and carefully serve me, then you will be given authority over my temple and its courtyards.” Isaiah 55:8 says, “As the heavens are higher than the earth, so are my ways higher than your ways and my thoughts than your thoughts.” God’s responses do not just carry rest; they carry authority. How is God responding to life? How can you respond more like Him?
3. **Declare Who He Is to you (Psalm 62:6-8).** Declarations require more than just a thought; they require decision and agreement. When we declare to ourselves, to the enemy, and to God Who He Is to us, we set spirits of chaos, indecision, and instability in their places. We redeclare the rest and authority we have over the enemy and remind him of where we place all our trust.
4. **Learn contentment (1 Timothy 6:6).** It is one thing to serve God; it is another to serve Him with contentment. This is a powerful thing because it keeps desires out of our hearts and gives us rest where we are instead of where we are hoping God will take us. Many people secretly serve God out of transaction. They serve Him because of what He can do for them. Learning contentment says to the enemy, “If God gave me nothing else in the natural, I will still find rest in Him.”
5. **Move at your own pace.** Without pace, there is no peace. Run too slowly, and you shortchange yourself. Run too quickly, and you burn out before the finish. We do not have to run at the same pace as the rest of the world. Run at your pace, and you will always be happy with your performance. Moving at your pace also says to God, “I trust the process and the pace you have set for me. I also trust that says You will go ahead of me and fight any battles that lie ahead. I will rest in Your faithfulness during the race.”
6. **Meditate in the morning (Psalm 46:10).** Meditation, especially in the morning, brings stillness to the storm going on in our heads, and sets the tone for the rest of the day. If we start our day with a tone of stillness, stillness is what will follow us.

Rest is an option, meaning it can always be ours. While life may throw things in our path interfere with it, there are subtle ways we can hold on to it (notice in this list that only one thing involved you stopping what you are doing). What is one thing on this list you begin to do today to find more rest in God?