

**“We who have believed do
enter that rest”
(Hebrews 4:3).**



IF YOU KNOW THAT GOD LOVES YOU and is going to look after you no matter what happens, you can have perfect peace and rest in the Lord, knowing He’s going to take care of everything (Isaiah 26:3). But if you’re confused and worrying and fretting and fuming, you’re not trusting. You don’t yet have the faith you ought to have.

The secret of calm and peace, rest and patience, faith and love is resting in the Lord. Trusting is a picture of complete rest and peace of mind, heart, and spirit. Put Him first each day by taking time to bask in His spiritual sunshine, rest in His arms, drink deeply of His Word, and inhale of His Spirit. Then even when you may be busy and your body in motion, your attitude and spirit will remain restful and calm.

There is a place of quiet rest,
Near to the heart of God.
A place where sin cannot molest,
Near to the heart of God.

O Jesus, blessed Redeemer,
Sent from the heart of God,
Hold us who wait before Thee
Near to the heart of God!¹