

# REST AND REPOSE

By Virginia Brandt Berg

"I'm under so much pressure. I can hardly stand it — the pressures are so great!" People talk about the strain they're under, and it can be seen on their faces. We are living in the rapids of time. The speed with which we move is most remarkable, the restlessness deplorable.

As I tried to get quiet in my soul today, I realized that so much of this restlessness, stress, and pressure had gotten into me. But I know where I can find repose. Webster says that "repose" means "a state of being at rest." Other meanings are "freedom from worry; peace of mind; calmness; tranquility."

That sounds so nice, but how does one get there? There is a remedy, but just how are people going to find such repose when they're on the run and in a rush all the time?

When I get alone to take time in God's presence, when I read His Word and search the Scriptures, and when I search my own heart and spend time in prayer, the peace is restored that He promises—sweet rest and repose that only God can give. The remedy will take all that strain out of the spirit; it will relieve unrest of mind and tension of body.

So many people in this jet-propelled age have to take some kind of tranquilizer to calm themselves down. I read recently of a man who came rushing home from work and said to his wife, "I can't believe all the things that happened in the office today! I've been under such strain, such tension that I can hardly stand it! Give me one of those pills to calm me down." So she gave him the pill, but just about that time the phone rang and he was ordered to come back to the office, because a very important customer was ready to give a big order. So he said to his wife, "Where are those pep pills? I've got to have one!" People take one pill to pep up and another one to calm down.

Pressures are many, and some people have no other recourse, but the Christian does! The Christian has his quiet time—the time of meditation before God, which will cool the fever of this hectic rush. But we have to do our part to get quiet with the Lord. Here are some verses that demonstrate this reality.

"Moses said to them, 'Stand still, that I may hear what the Lord will command concerning you'" (Numbers 9:8 \*). He had to get them quiet before he could even tell them what the Lord wanted to say to them.

In 1 Samuel 9:27, "the prophet Samuel said to king Saul, 'Tell the servant to go on ahead of us. . . . But you stand here awhile, that I may announce to you the Word of God!'"

In counseling and praying with people, it can be so hard sometimes to get them quiet enough to listen to God's Word. A wonderful verse about that is 1 Samuel 12:7, where the prophet Samuel says to the people, "Now therefore stand still, that I may reason with you before the Lord."

In Job 37:14, God says, "Stand still and consider the wondrous works of God."

David talked about meditating and communing with God at night: "Meditate within your heart on your bed, and be still" (Psalm 4:4). And God says, "Be still, and know that I am God" (Psalm 46:10).

If only we would get to this quiet place so we could seek God's presence and read His Word! He could then refresh our souls, clarify our thoughts, and take away the strained feeling. Some people think it's a waste of time to stop to meditate, to stop and pray, yet millions throughout the ages have found that only in the presence of God could they find rest and peace, and could their every symptom of pressure be subdued.

Prayer makes available the power of God that can take all the strain out of life. Won't you think about it? His Word says that they who believe enter into the Lord's rest (Hebrews 4:3).

God's Word goes on to say, "There remains therefore a rest to the people of God" (Hebrews 4:9). But you don't have to wait for Heaven to get that rest! You can have it right now! God bless you and bring you into His place of perfect peace.