

# COME & REST

## DAY 1

My heart has heard you say, “Come and talk with me.” And my heart responds “Lord, I am coming” **Psalms 27:8**

Have you noticed that when you speak to people and you ask how they are doing, the majority of the time people’s first response is: “yeah I’m good, just busy”, or you ask how work is and they say “busy”, or you ask how pretty much anything else in their life is going and they say “umm... Busy!”.

WE ARE ALL BUSY DOING SOMETHING.

But...

Do we actually like being busy? And even if we like it, is it good for us? Should we always be busy? Were we created to be people that are busy?

We live in a society where we can do more in one day than anyone in history has ever been able to do in a day. The days haven’t become any longer, but we can fit more in. It kind of begs the question “how much more can we do before we find ourselves doing too much more?”.

A lot of us complain about being busy, but we can’t actually imagine life without it being busy... I am not sure what some of us would do without the busyness.

How do you cope when you spend time on your own? Or even how do you cope when it goes quiet for a short while in conversation?

Some of us like being busy or feeling the need to have something to say, because it makes us feel needed and important. OR: We like being busy because it covers up for the fact that if we weren’t focused on being busy then we would be focused on our feelings. Whether that be feelings of loneliness or bitterness or whatever else.

Jesus called us to **DO** more than just “be busy”.

Jesus called us to **BE** people who are more than just “busy”.

Jesus wants us to come and simply talk with Him.

### PRAYER:

Jesus, I thank you for inviting me to come and talk with You. Let my heart’s response forever be “Lord, I am coming”. No matter how busy I am, I want to always ensure that I prioritise You. Amen

## DAY 2

The apostles gathered around Jesus and reported to him all they had done and taught. Then, because so many people were coming and going that they did not even have a chance to eat, He said to them, “Come with me by yourselves to a quiet place and get some rest.” **Mark 6:30-31**

Sometimes people think that in order to fill the gap in their life, they need to “do” stuff.

### They need to:

- Serve more.
- Read more.
- Learn more.
- Give more money.
- Give more time.
- Do more “STUFF”.

Have you ever thought that maybe in our **doing** we have forgotten how to just simply **be**?

The times when we are trying to get closer to God by doing stuff are sometimes the moments when we find ourselves so distracted by stuff that we end up going away from God. The very things we are trying to do to impress God and get His approval are actually drawing us away from Him.

One thing I love about Jesus is that He invites us to come as we are. There are obviously things that we can do to help us to grow closer to Jesus or live lives which are pleasing to Him. But what He truly wants for us to do is to “come”.

I find this verse so funny because it specifically says that the disciples **didn't have a chance to EAT** because they were so busy.. Which I am sure some of you can relate to on a weekly basis. BUT when Jesus notices that they have been so busy He says, **“come with me by yourselves to a quiet place and get some REST”**. I don't know about you, but when I am hungry, I want to EAT, not REST. I wonder if any of the disciples said ok Jesus, I am coming for a rest, but please let me at least get some chicken and chips first.

*We notice that we **need food**, but do we notice that we **need rest**? We will always notice when we are **hungry**, but do we allow ourselves to notice when we are **drained**?*

Even more importantly than being part of a church family is spending time with Jesus and simply **“coming to Jesus” (SPEAKING TO HIM)** throughout the day.

### **PRAYER:**

Jesus, I thank you for inviting me to a quiet place to spend time with You. Help me to always prioritise our time together, just as I would prioritise eating food when I am hungry. Amen.

## DAY 3

"Come, follow me," Jesus said, "and I will send you out to fish for people." **Matthew 4:19**

Jesus wants the whole world to know about Him. At the moment there are a lot of people who don't know Him. He wants us to COME TO HIM and know Him, before we then GO TO OTHERS.

As we do this, we must remember that everyone has a choice to follow Jesus. Just as we have the choice to follow Him.

Jesus gives us a choice to spend time with Him.

When He says "come":

- It is an **INVITATION** not an **INSTRUCTION**.
- It is **OPTIONAL** not **OBLIGATORY**.
- It is **DESIRED** not **DEMANDED**.

God wants us all to have a relationship with Him. He wants us to come to Him because He knows we are better off with Him than without Him.

What distinguishes Christianity from other religions is the fact that God wants us to have a relationship with Him. **Our faith is not founded on the "Holiness of us", but the "Heart of God"**.

**We all want to be known and loved.** We want to know and love others and have them know and love us. And this is not surprising when we look at the heart of God and are reminded of the fact that we are made in His likeness... because God desires the same things!

God wants to know and love us, and He wants us to know Him and love Him.

God wants us to actually know Him, not just know about Him!

Another way to say this is: God wants us to have **HEART KNOWLEDGE**, not just **HEAD KNOWLEDGE**.

The Bible is a great source of knowledge and holds a wealth of wisdom, but if all we do is read it like a textbook then it will not change our life. BUT if we read it then decide that we actually want to know the God who is written about in it, then that is when our lives will be really transformed.

The most pleasing thing that we can do for God is to spend time with Him.

### **PRAYER:**

Jesus, I thank you for inviting me to follow You and allowing me the honour of then helping others to follow You too. Please help me to take courage as I take on this responsibility. Amen.

## DAY 4

Come to me, all who labour and are heavy laden, and I will give you rest. **Matthew 11:28**

Once we come to the realisation that God wants us to know Him; not just know about Him, we may begin to question our priorities.

One of the things that Jesus invites us to COME to is: REST.

What do you think of when you think of the word rest?

Do you think of sun-bathing on a beach?

Or having a night without your kids?

Or having five minutes peace without someone messaging you about something?

Or simply just having a day off work?

When Jesus calls us to rest, He doesn't just mean giving our bodies physical rest. He means physical, mental rest, emotional rest, spiritual rest... He means the whole of you. He cares about the whole of your well-being.

I have spoken to a few different people over the years and many people struggle to find peace in their day to day lives. We can so easily find ourselves going from one hour to the next; one day to the next; one week to the next, and before you know it, the years are flying by.

When you honestly think about it, do you want to be someone who is too busy to rest? You can always make time for the things that you most want to make time for.

We can't give you all of the solutions or solve your day-to-day routine of how you can fit in rest or at what point of the day that you are going to spend time with Jesus, but what I can tell you is that you can make time for it if you really want to.

Rest is so important and sometimes we need to rest more than we think we do. We think we are coping, but the more we have to make ourselves cope with, the less that has to happen to push us into the realm of "not coping". Have you ever experienced that before? Where you seem to be managing big things really well when suddenly something really little happens, and you just can't seem to face it?

Let's be people who try to rest our minds, bodies and souls. Let's get ourselves into a good place so that we are more prepared to face the challenges that may be ahead of us. Let's come and rest in Jesus.

### PRAYER:

Jesus, I thank you for inviting me to come and rest. Please help me to always make time to rest and remember that You care about every aspect of my life and well-being. Amen.

## DAY 5

Whoever comes to me I will never cast out. **John 6:37**

When we come to Jesus, we do not need to have any fear that He will cast us out or reject us.

Jesus wants you to come. Jesus invites us ALL to come to Him. He does this because He created us and knows that what He offers is a life which will be far greater with Him than without Him.

There is a worship song called “Come now is the time to worship”. It says:  
*“Come now is the time to worship, come **just as you are** before your God. Come.”*

Come just as you are.

You are **welcomed** just as you are.

You are **loved** just as you are.

You are **forgiven** just as you are.

Jesus doesn't want you to hesitate to come to Him. There is nothing that can stop you from having a relationship with God. Nothing that you've ever done or said has stopped Him from loving you.

You can be welcomed, loved and forgiven by Jesus. Just ask Him and He will come into your heart and transform you from the inside out.

### **PRAYER:**

Jesus, I thank you for welcoming me, loving me, and forgiving me just as I am. I love the fact that You love me. Please help me to love others around me and pass on Your love to them. Amen.