

March 14, 2021

*Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls.<sup>30</sup> For my yoke is easy and my burden is light Matthew 11:28-30*

Being busy is often equated with being productive. For myself, ‘resting’ seems counter-intuitive to the to-do list that allows me to congratulate myself at the end of the day. I like accomplishing things. I take credit and find meaning in accomplishing things.

The other day, my son had a midterm exam in one of his high school courses. On the day of the test, he began to work through the study guide. Hours passed and I checked on his progress, but he was still working the study guide. Several more hours passed, and once again, I checked on his progress. He was still working the study guide. There just wasn’t anything for me, his home-school teacher, to do! I found myself hovering like a helicopter over his desk, trying to hurry him along – **wanting to do something** – all while knowing he needed the knowledge of the study guide to do well.

The test was finally taken late in the day, far later than I had anticipated. A few days passed before the results of his efforts posted. 100%! I was jubilant! I danced around the house in joy! An onlooker would have thought I had done it – but all I had done was rest while my son put in the hard hours of studying.

At some point during my victory dance, it occurred to me that I wanted to take credit for his performance. The ‘A’ that he had earned on his exam would look great on my scorekeeping card – except that it was *his* ‘A’ and not mine. He deserved the credit, not me.

The day of my son’s exam was a wide open rest day for me. I could have enjoyed it, I **should** have enjoyed it. Instead, I created needless, busy work for myself, spinning my helicopter rotors instead of basking in the rest available to me.

How often do we do this with Jesus? He offers us rest, but we want to do. We want activities that we can use to measure our progress and take credit for our successes

Today I encourage you to find rest in Jesus. Be still and listen for His voice, look for His presence. He does not hide from those who seek Him. He is available for those who call to Him. Begin your day with rejoicing and acknowledging His power, and accept the rest He offers to all.

*Be still, and know that I am God; I will be exalted among the nations, I will be exalted in the earth. Psalm 46:10.*