

August 31, 2014

Rest in turmoil

Psalm 3: 5 – *I lay down and slept; I woke, again for the Lord sustained me.*

Have you ever just felt as if getting up and going about your day was a battle? I hope it isn't just me, but sometimes it feels like everything I try and do is working against me. I struggle, and I struggle all day only to be exhausted with nothing done.

I think we've all had those times when we're just so tired and everything seems like a huge battle. Not only in our jobs, but in the details of life as well. At times, the dishes look like the biggest and worst task of the day. Other times, the lawn is our worst enemy because we have to cut it AGAIN! Sometimes we struggle and fight with everything. Nothing seems to be our friend, and nobody seems to help us. Sometimes it seems we are surrounded by enemies and we're just too exhausted to fight anymore.

In Psalm 3, David speaks of a real enemy, one that is dogging him. In fact, he is surrounded by a multitude of enemies. But, in the midst of it all he cries to the Lord, who answers him. And, even in the middle of all of those enemies, David sleeps because the Lord sustains him.

The Lord promises to sustain you as well. No matter how challenging things get, no matter how many fights we even think we are going to have to go through, God promises to sustain us through them all. Through his sacrifice, Christ overcame the world and all the struggles therein.



In Matthew 11: 28 and 29, Jesus promises us rest, rest like David got in Psalm 3. Like David, we can sleep in the midst of our battles and rest in the middle of our trials, because the Lord will sustain us. He sustains us with his body and blood in the Lord's Supper; he sustains us with his forgiveness; he sustains us with the promise of everlasting life.

So this week, as you face the various tasks and duties you have, whether they will be battles or not, face them knowing that you have rest in Jesus. Go about your days in joy, knowing that Christ has struggled for you and overcome all your enemies. Know that he offers you rest and rejuvenation in his word and sacraments. And, know that when you call on him when you are weary from all the battles in life, he will answer you and give you rest. But, you still have to do those dirty dishes.

Dear Jesus, Give us the rest we need that we may also have your strength to fight the good fight and face our daily work, struggles and battles. Amen.

Labor Day

Tomorrow, take time to rest and relax. And, if you have the opportunity, share in that relaxing with a neighbor. And perhaps, share the rest that you have in Christ with those who don't yet know his rest. So, while you grill out or go out or whatever, go prepared to share the joy of Jesus' saving grace and peaceful rest.

Pastor Cathy

