

“The rest of God” in today’s Scripture is a place where we know God is fully in control. Here’s the key: once you enter that rest, you are not automatically going to stay there. Life is full of peace-stealers. If you watch the world news twenty-four hours a day, you will live worried, fearful, and on edge. If you are on social media and constantly compare yourself to others, you will never feel good about who you are because someone else will be more beautiful, more talented, more successful. If you let people dump all their problems on you, they will steal your peace and exhaust you.

There will always be people and circumstances trying to pull you out of God’s rest. If you are going to live in peace, you need to put some boundaries up and be careful about what you feed your inner person - encouraging things that build you up and cause you to be positive, hopeful, and inspired.

Hebrews 4:11 “Let us therefore make every effort to enter that rest [of God, to know and experience it for ourselves], so that no-one will fall by following the same example of disobedience [as those who died in the wilderness].”