

God does not want you to “sweat”. Sweat here does not refer to your body’s perspiration, but to your self-reliance or self-effort. God does not want you to believe that if you don’t do anything, nothing will happen. That may be true for someone without God in his / her life, but it is not true for you because you have God. When He is in the picture, the God-factor changes everything! When you are resting in God, He works for you. In fact, when He works, you end up with more. He is the one who is giving to you. It is not about you trying to give to yourself. Let go, and let God.

This was what happened to Ruth in the Old Testament. After labouring in the barley fields from morning to evening, she was able to glean one ephah of barley (Ruth 2:17), which was equivalent to a 10-day supply of barley. Certainly, this amount was a blessing to her. However, when she *rested* at the feet of Boaz, her kinsman-redeemer, and did not labour, she received six ephahs of barley (Ruth 3:15), which was equivalent to a 60-day supply! When Ruth sought her own blessing, she obtained only one ephah. But when she sought the blesser, she received much more. Ruth’s blessings did not stop there. While Ruth *rested* and *sat still* as her mother-in-law Naomi had instructed, Boaz, who was the owner of the barley field, went to work, initiating actions, executing them and speaking on Ruth’s behalf. Throughout it all, Ruth *sat still* and *rested*. Eventually, Boaz, the barley man himself, married Ruth. (Ruth 4) That meant no more measured wealth of six ephahs, but the yield of the entire barley field in total!

Boaz is a picture of Jesus, our Heavenly kinsman-redeemer. When we rest in the Lord, He will not rest. He will work on our behalf. What do we do then? We just trust in and enjoy His love for us. So, stop striving and be at rest. If salvation, the greatest work, comes to us by resting in Jesus’ finished work, how much more will all the other blessings? Rest and flow in the finished work of Christ.

Ruth 3:18 “Then she said, “Sit still, my daughter, until you know how the matter will turn out; for the man will not rest until he has concluded the matter this day.””