

Ps 62 v 5 *"My soul finds rest in God alone." (New International Version)*

Rest is really important to us as people – but many find it difficult to achieve! We may look forward to when work finishes (for the day, week or for a holiday) but when that time comes we fill it with other things. Do we rest? Of course there are great recreational things to do, and it is wonderful to spend time with others, but we are realising the benefit of also taking time to stop, and be silent and rest.

In particular, it is so good to stop and focus just on God – who He is, what He is like, what He is doing and would like to do. He also wants us to realise just how much He loves us – which is not at all dependent on what we have done or are doing!

Psalm 62 v 5-7 *"For God alone, O my soul, wait in silence, for my hope is from him.*

He only is my rock and my salvation, my fortress; I shall not be shaken.

On God rests my salvation and my glory; my mighty rock, my refuge is God." (English Standard Version)

Stuart Townend has written a beautiful song called “My soul finds rest in God alone”.

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