



**DEVOTIONAL SERIES**  
**I REST IN YOU**  
**MAJOR BEVERLY IVANY**



“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.”

Matthew 11:28-29 (NIV)

“And I am convinced that nothing can ever separate us from God’s love. Neither death nor life, neither angels nor demons, neither our fears for today nor our worries about tomorrow—not even the powers of hell can separate us from God’s love”

Romans 8:38 (NLT)

“Keep close watch over me as the apple of Your eye; shelter me in the shadow of Your wings”

Psalms 17:8 (VOICE)

Sometimes we can physically, even emotionally, feel extremely tired. Weary. Perhaps it is a reaction to tragedies taking place in our cities and communities, or questioning the horrors of war, hatred, prejudice, racism, and suffering. If we are not careful, this can develop into a spiritual detachment. We might ask, “Where is God in all of this?” Sadly, even in our own families, there can be great tension, strife, or grief, causing heartbreak, sorrow, and pain.

It is at these critical times, wondering how we can cope, that Jesus reaches out to us saying, “Come to me... and I will give you rest.” When we realize this is the only solution to our extreme sense of weariness, we respond with these simple words: “I rest in You.”

The psalmist David knew how vital this rest was when he penned the words we know so well, specifically Psalm 23:2 (NIV) – God leading us “beside quiet waters.” And then, when we walk through the deep valleys of life, even the darkest valley of death, we are assured that the Lord is with us. He is comforting, restoring, and renewing; for we rest in Him alone.

The tapestry of our lives often gets complicated. It can smack of hurt, betrayal, and pain. The cacophony of noise often surrounding us can deafen us to what is good and right and whole – and yes, even to what is holy. It is at these crucial times that the Lord, through His gracious Holy Spirit, whispers these beautiful, healing words: “Come to me, my child.” This is reassurance that nothing can separate us from God’s everlasting love and His restorative grace. With His gentle arms of comfort and peace around us, we then long to respond to our Heavenly Father by saying, “Yes – I rest in You – body, mind, soul, and spirit.”

There are a myriad of voices out there that desperately want to distract us. These voices want to confuse us and cause us to be burdened, weary, and heavy laden. Jesus simply says to us, “Come... I will restore your soul; I will mend your heart; I will bring to you a sense of peace and truth like never before!”

He longs for us to respond by simply saying, “I rest in You, my Father!”