

How to Rest in God and Serve out of a Posture of Rest

In our culture, there is a constant underlying mentality to “go, go, go.” Whether it is to go after the top grades, the next promotion, or the next stage of life, we are taught to chase after



our dreams from a young age. Even though God created man in the Garden of Eden “to work it and keep it” (Genesis 2:15), **we must recognize that the first day of creation for humans was a day of rest.** That’s right, after God created man on the sixth day, He rested on the seventh. In other words, **after mankind was created—before any work was done in the Garden of Eden—humanity rested with God.**

With this in mind, **we are to cultivate an attitude of working from a posture of rest.** What does this mean? Instead of working towards a time of rest (like working towards the weekend when we get a break), we should begin our work with rest. This almost sounds backwards to our modern day, but it is biblical.

How Do We Rest?

To rest is to cease from activity, but this does not mean we lie around all day and do nothing. **Our posture of rest should be centered upon God.** Just as God delighted in His creation on the seventh day, **can we find ways of delighting in God as we rest?** From reading Scripture to praying to journaling to singing songs of praise to sharing about what God has done in our lives, there are endless ways to express our delight in God.

As we turn our focus upon God while we rest, we are reminded that we are not alone in the work that we do. Jesus tells us, “Come to Me, all who labor and are heavy laden, and I will give you rest. Take My yoke upon you, and learn from Me, for I am gentle and lowly in heart, and you will find rest for your souls. For My yoke is easy, and My burden is light” (Matthew 11:28-30).



The work that we do day in and day out, whether it is in ministry or in the secular world, is partnered hand in hand with Jesus Christ. **As we serve out of a posture of rest, we are surrendering control and the burden, trusting in God to complete the mighty work that He entrusted us to do.**