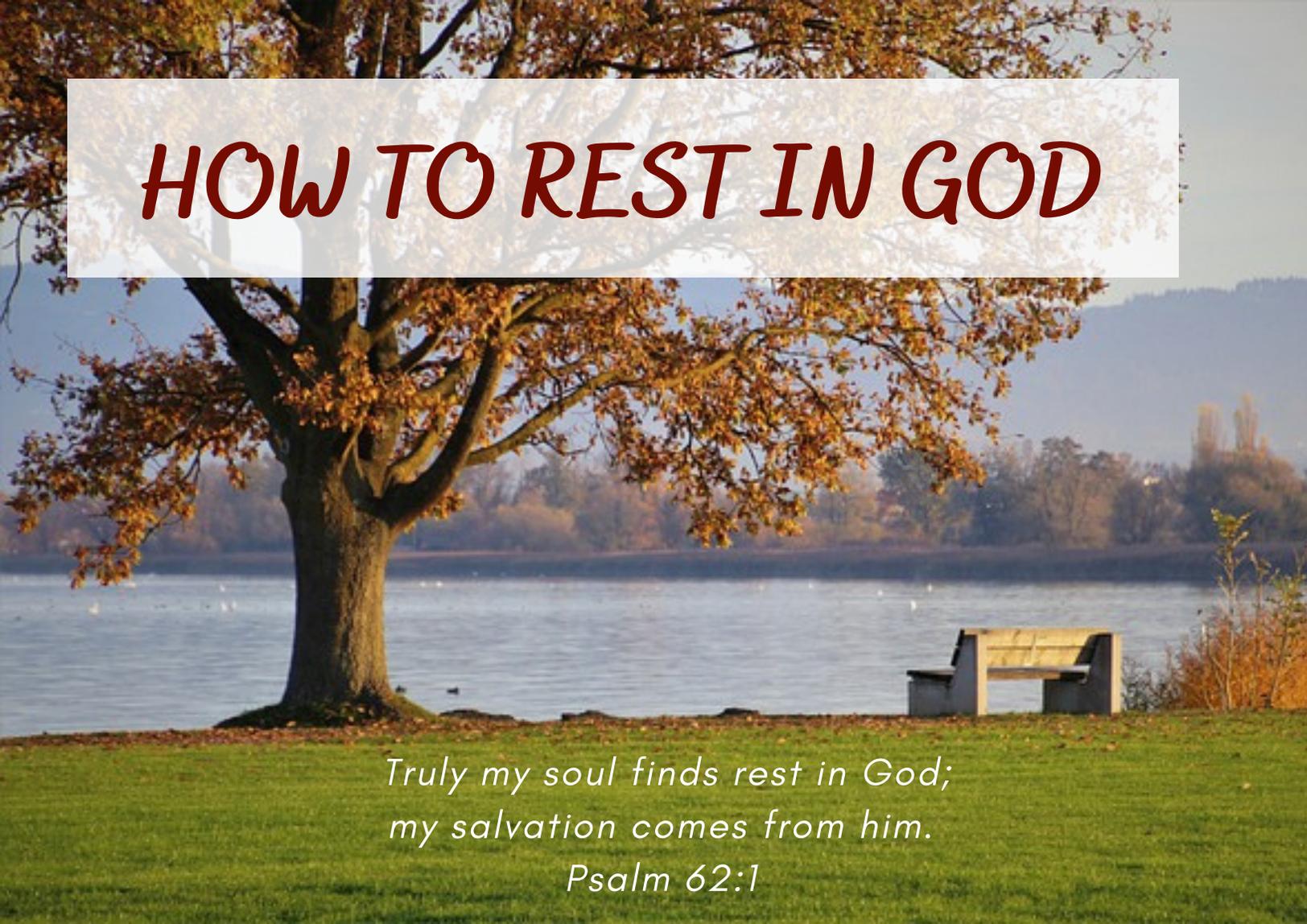


# HOW TO REST IN GOD

A scenic landscape featuring a large, mature tree with golden-brown autumn leaves on the left. In the background, a calm lake reflects the sky, with a small bench on the right. The scene is set in a grassy area under a clear blue sky.

*Truly my soul finds rest in God;  
my salvation comes from him.*

*Psalm 62:1*

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# INTRODUCTION

Our souls are not always at rest, even when our bodies are. We strive to get things done in our strength and keep ourselves busy 24/7 without giving our minds a break. Sometimes we think God is taking too long to answer our prayers because we are on a schedule.

Other times we believe God can't do what we want and decide to do it ourselves. We work so hard to gain the approval of those who will never approve of us. These things make us restless and soon enough our souls get weary.

Restlessness leaves your mind exhausted because you are not giving it a break. You are busy figuring out many things that you once left in God's hands. Busyness clogs our minds and hampers our ability to bear fruit for the kingdom.

Unanswered prayers, burdening situations, and lack of clarity can trigger restlessness in us as we try to figure out why they are happening to us. We have to learn how to trust God in every situation, good or bad, so that we can find rest in Him.

In *How to Rest in God*, you will learn: the definition of resting in God, what happens when we don't rest in God, why we become restless, and practical ways to rest in God.

## WHAT IS "RESTING IN GOD"?

Resting in God means that you cast your cares upon Him and trust Him to take care of you. Every detail of our lives matters to God. He cares about everything that concerns us. We can remain calm in adverse situations and trust that God is working things out in our favour.

Resting in God does not mean that we are doing nothing. It means that we decide or act from a point of rest, not fear or anxiety. When we rest in God, we can show calmness in troubling times and not worry. This increases our patience to wait on God for answers to our prayers when we are ready. Our heavenly Father and will not give us anything that will destroy our lives.

God's desire is for us to cast our cares on Him when we face tough seasons that cause us to become weary. Jesus invites us to rest in Him. "Come to me, all of you who are weary and carry heavy burdens, and I will give you rest" (Matthew 11:28). The Lord sees our troubled souls and offers us rest as we leave our troubles with Him.

You don't have to do things in your strength. Your heavenly Father is ready to help you when you are tired and burned out. If you put your trust in Him, you can rest in His sure salvation.

# WHAT HAPPENS WHEN WE DON'T REST IN GOD?

Sometimes we find it hard to rest in the Lord when we are hard pressed by issues that don't seem to go away even after we pray. When we imagine that time has run out to do certain things, for example, getting married, we become restless. When we want immediate answers to our prayers and they are not forthcoming, we struggle to rest our souls in the Lord.

**Below are four things that happen when we don't rest in God:**

## **1. Not paying attention to important things**

When our minds are restless because of thought overload, we don't pay attention to the important things. We are absent minded because we have a million and one things in our minds. Martha occupied herself with many things, unlike her sister who sat at the feet of Jesus. When she complained to Jesus, He rebuked her because she focused on feeding the stomachs of men at the expense of feeding her soul (Luke 10:41-42).

## **2. We worry a lot**

We worry because cannot find viable solutions to pressing problems. Our worry leaves us mentally exhausted and unable to think or hear God clearly.

We forget Jesus told us not to worry because it will not add a single hour to our lives (Matthew 6:25-27). By worrying about many things, we lose sight of what's important.

### **3. We struggle to do things in our strength**

When we are not at rest in our souls, we strive to achieve results in our strength. We forget that we have God's grace at work in our lives, to help us in all we do. We become restless because we try to control outcomes to be on top of things. Whatever we do in our strength is not by the grace of God (Romans 11:6).

### **4. Lack a good night's sleep**

Restlessness causes us to lack a good night's sleep. Our minds are full of many cares and we find it hard to fall asleep. We don't sleep in peace and as a result, we wake up feeling fatigued and dose off during the day. Yet resting in God will give us a peaceful night. "In peace I will lie down and sleep, for you alone, O Lord, will keep me safe" (Psalm 4:8).

# WHY DO WE BECOME RESTLESS?

## 1. Not praying specific prayers or knowing God's will

Have you ever prayed and then taken back your prayer? It means you were not at rest when praying and were probably throwing together a desperate prayer hoping to hit a target that you had not defined. This happens a lot when we encounter troubling situations and we want them to end ASAP.

Many times we pray without knowing God's will for the things we are asking of Him. We say a hit-or-miss prayer, and we are not sure if God will answer. This causes us to become restless because we are unsure whether it is what God wants in a particular situation. When we are not sure what God's will is, we end up praying with doubt and don't receive what we have asked from Him.

## 2. Carrying heavy burdens

We find it hard to rest in God when we are carrying heavy burdens. They suffocate us and give us nightmares and sleepless nights. They zap our faith and zeal in the Lord. Jesus invited us to go to Him when we are burdened so that He can give us rest. He knew that it would be hard to fulfill our God-given purpose when we are weary.

### **3. Trying to control situations**

When we try to control the outcomes of certain situations, we get restless and worry. We wonder whether things will fall into place like we desire. We want things our way and get upset when others don't align with what we want. Sometimes we take matters into our hands and are not keen on waiting for God's timing. This only makes us restless because we are not sure how things will turn out.

### **4. We don't trust God with certain situations in our lives**

When we don't put our trust in God, we end up trusting in other things and people. We are never sure whether others will come through for us. We can never rest in their words because we don't know where we stand with them. If we put our trust in man, we will get disappointed, but when we trust God, we know He will come through for us.

# HOW TO REST IN GOD

God wants us to rest in Him so that our lives will be more peaceful and enjoyable. Having no rest leaves us upset and weary in our souls. Therefore, God goes to great lengths to make us lie down in green pastures and leads us beside still waters.

*The Lord is my shepherd; I shall not want. He makes me to lie down in green pastures; He leads me beside the still waters. Psalm 23:1-2*

The Lord is our shepherd and leads us to a life of quietness of the soul. When our souls rest in Him, we make better choices in life and avoid deciding out of fear. When you rest in God, you can handle life's difficult moments better and with less stress.

The following are some ways you can rest in God and enjoy life. Having joy does not mean that your life is perfect. You live each day by the grace of God.

## 1. Turn Your Burdens Over to Jesus

*“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. For my yoke is easy and my burden is light.” Matthew 11:28-30.*

Burdens weigh us down and leave us feeling weary. They prevent us from enjoying our lives and we end up feeling miserable. There are many issues in life that leave us with burdens that are hard to bear and sometimes we collapse under their weight. When we carry burdens in our soul, we have no rest. We are continually worrying about how we will get rid of them.

Jesus invites us to give Him our burdens, and He will give us rest. Today, give your burdens to Jesus and accept His rest. He will never burden you with anything that will weigh you down. Tell Him of all your problems. Trust that He will solve them or give you the wisdom to know what to do.

## 2. Pray God's Will

Praying without knowing God's will in a situation leaves us wondering whether we will get an answer. Sometimes we don't know what we ought to pray. Romans 8:26 tells us that the Holy Spirit helps us when we don't know what we should pray for and makes intercession for us.

When we pray God's will, we have the assurance that we have received what we have asked of Him and we do not dwell in restlessness. According to 1 John 5:14, we have confidence in God because we know that when we ask anything according to His will; He hears us. If we want to know God's will, we will find it in His Word. You can pray Scriptures that God reveals to you about a particular situation. Trust that He will answer you.

Instead of being anxious, we are to pray to God and let Him know what we want. He promises that His peace that surpasses all understanding will guard our hearts and minds through Christ (Philippians 4:6-7). When our hearts and minds are at peace, we will rest in God because we know He will answer our prayers.

### **3. Put Your Trust in God**

When our trust is in God, we can rest because we know He is trustworthy. He is faithful to keep His promises to us. We can never go wrong by trusting in God.

*It is better to trust in the Lord Than to put confidence in man. Psalm 118:8*

Trust the Lord with all your heart and don't lean on your understanding (Proverbs 3:5). Putting our trust in other things will leave us restless because we cannot guarantee any results. With God, you know He will respond with your best interests at heart.

Our salvation comes from God and not man. God is the only one we can trust with our lives and hearts because He treats us as His beloved children. Always turn to God and you will be at rest because He is always on your side.

## 4. Surrender to God's Will

There are times we fight God's will in our lives and try to impose our will in a particular situation. We soon realize that things are not falling into place and we get restless. Instead of surrendering to God's will, we still hope that what we want will happen. If we want to find rest in our lives, we have to surrender to God's will.

God directs our lives because He knows which direction we need to take. We don't always like the direction He takes us and we try to fight it. Unfortunately, this only makes us restless because we know that having our way will not bear fruit.

Psalm 25:4 gives us a simple prayer for surrendering to God's will. "Show me Your ways, O Lord; Teach me Your paths." When we are in God's will, we know we are in the right place and have no reason to worry. Most times when you hear people saying they are looking for God's will, it is because they are not at rest. We not only need to know God's will but to surrender to it.

## 5. Wait for God's Timing

Many times the Bible mentions “the appointed time” being when God will do a particular thing. This is the same thing He does in our lives, there is the right time for things to happen in our lives and it does not work with the chronological timeline. God promised Abraham and Sarah a son at the appointed time (Genesis 18:14).

Sarah got restless when she thought God was taking too long. She took matters into her hands. She told Abraham to lie with her maidservant, Hagar, who then conceived and unfortunately ended up despising her (Genesis 16:1-4). It did not end well for Sarah, who got restless waiting for God to answer her prayer for a son. When we get ahead of God's timing, it doesn't end well for us and we have to learn to rest in God as we wait for His perfect timing to do things in our lives.

## **CONCLUSION**

When we rest in God, our hearts have joy because we can never go wrong with Him. God is always there for us when we need Him and does not disappoint. He goes with us wherever we go, and we don't need to worry about our lives. He is our provider and we can rest in His ability to provide for us every day of our lives.

Our rest in God should become second nature. This way, we will live more peaceful and joyous lives that inspire others to turn to God as their Lord and Saviour.

**Be at rest, O my soul!**

## ABOUT THE AUTHOR



Josephine Ngatia is an Author and Christian Writer from Nairobi, Kenya.

She has written three eBooks: *Life Purpose: A Beginner's Guide*; *Demystifying the Grey Kingdom: The Truth about the Kingdom of Light and the Kingdom of Darkness*; and *Maiden Book: How to Plan, Outline and Write Your First Book*. They are available in eBook stores worldwide. You can find her on her blog: [The Urban Christian](#)

You can contact her on [\*\*josephine@theurbanchristian.co.ke\*\*](mailto:josephine@theurbanchristian.co.ke)