

"I am at rest in God alone." Psalm 62 verse 1

How often do you feel like you need a rest? I have to admit, even though I enjoy what I do, I always look forward to time when I can rest. I can sleep for England, and I am far too fond of just doing nothing. But the time soon comes when I start to feel that perhaps I'm wasting my time and guilt begins to creep in. I should be up and doing something, justifying my existence (and my salary).

Actually, the translation that I've used for today's verse isn't the one you find in most bibles. Whether it's a better translation or not I don't really know, but other translations read "My soul finds rest in God alone." That communicates more of a sense that rest is not just something we need physically, but also within.

A lot of us are restless souls. We are driven by forces we don't understand that cause us to be continually on the move and doing. But if we could find soul rest, then surely our whole lives might be more at peace. Where would we find such a thing?

In this psalm, David states that there is only one place we can find it; in God. When our lives are submitted, by faith in Jesus, to his governance, care and guidance then the source of inner peace is in our lives, and we can enjoy it if we are also able to let go of the inner forces that drive us.

The psalm goes on to offer two of the consequences of knowing God that can contribute to our peace. Firstly, it says "my salvation comes from him." Living lives separated from him by sin, we are all under his judgment, and inside us, we know it. How, then, can we be at rest? Even as Christians, we still have those insidious voices that try to tell us that we are not good enough, or that we fall short, or have failed. But of course we are not good enough, and of course we do fall short and fail. Our salvation is not in our being good enough, or in our coming up to the mark, or succeeding but, as David says "He alone is the rock of my salvation". We are saved, not because we are good enough, but because God saved us, not because we can maintain our salvation, but because he holds us. Isn't there some hint of peace in that?

The second consequence of knowing God is "He is...my stronghold. I will never be shaken." Why do we, even as people of faith, continue to look elsewhere, other than to God, for our strength and security? The things of the world that promise security can all be shaken. Only if we are firmly determined to stand on the power and assurances of God in every area of our lives will we know the soul peace that he has for us.

With God as our salvation and as the rock of our strength and security, we will know rest within and will never be shaken.

Prayer

Father, I admit that I all too often look to human and worldly sources of strength and security rather than to you, and then wonder why I do not have peace. Thank you for the salvation that you provide in your Son Jesus. Thank you that in him I am completely acceptable to you, apart from my goodness and that I remain so despite my failings. May I know how to access the peace you want for me. In Jesus name, amen.

All these devotionals can be found on our website inghamitechurch.org on the 'Resources' page. Click on the link to go there.