

Rest and Peace

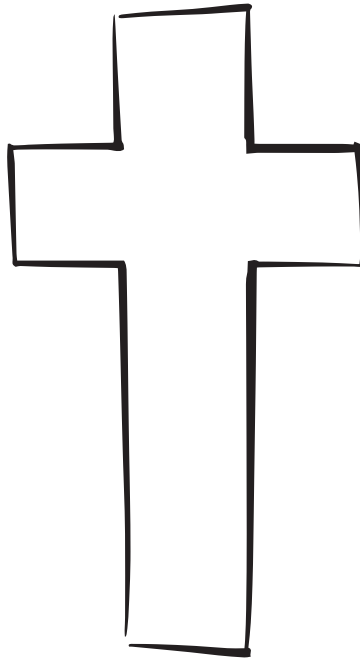
"I'm leaving you well and whole. That's my parting gift to you. Peace. I don't leave you the way you're used to being left—feeling abandoned, bereft. So don't be upset. Don't be distraught."

JOHN 14:27 (MSG)

"I remain confident of this: I will see the goodness of the Lord in the land of the living.
Wait for the Lord; be strong and take heart and wait for the Lord."

PSALMS 27:13-14 (NIV)

God wants us to live at peace, in His rest. This doesn't necessarily mean resting from work. It means we never need to strive to measure up. Being determined to work hard for God-sized dreams is a great thing, however, we can take a break from doing things to feel worthy. This is good news! God wants us to live from a place of inner rest, peace and worthiness.



How does your body feel when you are at rest? Draw symbols around the cross that make you think of rest and peace. Remember that God says you are worthy of His love, and He proved it by dying on the cross for you.

Listen to *Resting Place* by I Am They on YouTube.