

Have you ever said yes, then hated yourself later? Or, wanted to spend time with God, only to lose track of time to something else? Perhaps, you've done what people wanted and completely lost any sense of inner rest...

Long ago, I had no ability to say no. I remember one instance, years ago, where everyone was ordering one type of food. It was unhealthy and, at this point in life, I had made a conscious decision to become more healthy. I knew, with better health, comes making wise decisions.

But, because everyone ordered a type of food, I felt obligated too. They all said, "Come on, Kelly...have it too!" I gave in and then hated myself later. Afterward, I had such inner-turmoil for not standing strong. My mind wouldn't let it go.

Let me ask you -- what things are forcing you into a state of unrest?

It may not be food for you like it was for me. For you -- it may be you doing more housework when you need to sit down with God. Or, working longer hours when you really need to spend time with your kids. Or, allowing a family member to suck the life out of you, because you can't separate yourself. The inability to say no causes exhaustion, stress, and tiredness. Are you there now?



The beginnings of every good "no" -- is simply saying yes to Jesus. The more you meet Jesus, the more you want Him. The more you want him, the less things block His joy and peace. The more you rest, the more you understand you are blessed.



Today, I want to invite you to find this sort of rest. Rest beyond people's demands...rest beyond up-and-down circumstances...rest beyond insane world happenings and rest beyond a busy life. Does this sound like something you may need?

Kelly Balarie



Jesus, I am tired. My mind is frazzled, my hands are full, and my emotions are reeling with all the things I have to do. Help me to come to you in the middle of the overwhelm. Remind me of your ever-present help in my times of need. Show me how to rest in You. Reveal to me both the beauty in the work and in the rest. Calm my anxious thoughts and encourage my heart with Your nearness. Instruct me in your ways. Bring productivity and contentment out of the peace and comfort I find. Settle me in Your truth and in Your love.

Amen.

Praise

Be Still My Soul (In You I Rest)

Be still, my soul, The Lord is on thy side
Bear patiently, the cross of grief or pain
Leave to thy God, to order and provide
In every change, He faithful will remain
Be still, my soul, thy best thy heavenly friend
Through thorny ways, leads to a joyful end

Be still, my soul, thy God doth undertake
To guide the future as He has the past
Thy hope, thy confidence, let nothing shake
All now mysterious shall be bright at last
Be still, my soul, the waves and wind still know
His voice who ruled them while He dwelt below

In You I rest, in You I found my hope
In You I trust, You never let me go
I place my life within Your hands alone
Be still, my soul

Be still, my soul, the hour is hastening on
When we shall be forever with the Lord
When disappointment, grief and fear are gone
Sorrow forgot, love's purest joys restored
Be still, my soul, when change and tears are past
All safe and blessed, we shall meet at last

In You I rest, in You I found my hope
In You I trust, You never let me go
I place my life within Your hands alone
Be still, my soul

Note to self...
Today I will remember that
God is in control. He is still
on the throne. Everything
that is happening in my life,
He has allowed and He is
working it all out for good.

As we say goodbye to the summer and hello
to the autumn, still unable to meet together
we hope you are all safe and well.

Each day we hear of different areas going into
lockdown and new restrictions coming into
force, businesses closing down and people
losing their jobs

So much is changing and yet the one constant
who enables us to keep going, even when the
road is rough and we wonder what will hit us
next, is our Lord and Saviour Jesus Christ

He is the same yesterday today and forever. In
him we can seek refuge from the things that
pull us down and cause confusion,
remembering God's faithfulness in the past,
feasting on his words, spending time in prayer
and listening for his voice, will keep us strong
and enable us to face whatever lies ahead in
the days to come.

God is bigger than anything we will face.

Moyra Cameron

We're going to be sending out a monthly devotional thought and if you have something that
you would like to share with us please get in touch and we will be delighted to send it out
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