

Prayer as Rest ~ Midweek Reflection # 49, May 20, 2009

“My presence will go with you and I will give you rest. “ Exodus 33:14 NIV

I have noticed recently that rest is often promised to us in scripture as a result of waiting on God. I have begun to see the phrases “waiting on”, “resting in” and “praying with” God as synonymous. Resting in God’s goodness or in Christ’s perfect love can provide times of knowing the real presence of God’s Spirit as we wait on God in all kinds of prayer!

“I trusted you, Lord. and waited, and you came to answer my plea. You lifted me from the pit, you pulled me out of the mire, you set my feet on firm ground, you made my steps unshakable, You put a new song in my mouth and gave me the power to praise you. You opened me to the truth; suddenly my eyes could see it. And I knew you don’t care about rituals or the mummeries of religion. The only thing you want is our whole being, at every moment. Hold me in your embrace, Lord; make me transparent in your light. Grant me awareness; keep my gratitude fresh each day. Let my song give blessing and insight to those who can’t see for themselves. And let your compassion always shine forth from the depths of my heart.” Psalm 40, Stephen Mitchell, A Book of Psalms, Selected and Adapted from the Hebrew, Harper Collins Publishers, 1993 New York, NY

An old hymn which our worship band has updated musically and uses for our worship time on occasion speaks eloquently to the issue:

“Jesus I am resting, resting in the joy of what you are; I am finding out the greatness of your loving heart. You have bid me gaze upon you, and your beauty fills my soul, for by your transforming power you have made me whole.

Simply trusting you, Lord Jesus, I behold you as you are, and your love, so pure, so changeless, satisfies my heart; satisfies its deepest longings, meets, supplies its every need, compasses me round with blessings: yours is love indeed!

Ever lift your face upon me that in waiting I might see, resting ‘neath your smile, Lord Jesus, earth’s dark shadows flee. Brightness of my Father’s glory, sunshine of my Father’s face. keep me ever trusting, resting, fill me with your grace.”

Jesus I Am Resting, Resting by Jean Sophia Pigott, 1845-1882

“Thus says the Lord: Stand at the crossroads and look, and ask for the ancient paths where the good way lies; and walk in it, and find rest for your souls.” Jeremiah 6:16
NRSV

May each of you find rest for your souls as as you wait on God in prayer throughout the days.

Under God's Mercy,

Howie