NAPPING

…Oh that I had wings like a dove! For then would I fly away, and be at rest. Psalm 55:6

As I write this devotion, I have wrestled with Ella to get her to take a nap. She really did not want to lie down. Finally, she did and now is sleeping. Though it has been many years I remember hating to take a nap. I did not even want to sleep at night. My Mom and Dad said I was the worst child ever when it came to going to sleep. I still have to make myself go to bed at night. I must admit that I have reached a place where sleep sneaks up on me. A nap could come my way before I finish this devotion. It is cool and quiet and I …….OOPS! I am back! You see what I mean? Our bodies and our minds sometimes cry out for rest. It doesn’t take much for us to dose off to sleep but it takes quite a bit for us to really get rest. Many years ago, my pastor said to me that he and his wife had taken a vacation to get away and relax but now since they had gotten home they were more tired than before they left.

In reality we might find rest in or prayer closets. Sometimes our vacations have so much packed in we forget to schedule rest. Our time of prayer is a personal time with God when he is supplying our soul the rest that is needed. We often call it quite time. Real prayer time is often quite because we are meditating on God and his way and will or we are just listening either for him to speak or to him as he speaks. It is a boost for the soul. We find in him renewed strength. It is often helpful (especially for me) to take the word of God and read when I am not searching for what God wants me to preach or do a devotional on, because the word of God then becomes help and rest for my weary soul.

Rest may come when we can find a break from the busy-ness in our fast paced lives. A person doesn’t have to be working all the time to get tired. Sometimes people can be so busy with work, ball practice, dance, school meetings and homework that they become exasperated. Add to that the need to shop until you drop and well, you finally drop. The pastor has a hard time saying this, but we can get so busy “doing church and all its activities” that we fail to experience church and all God wants us to receive from church.

Okay, here it comes from someone who is as guilty as most others. We need a break from our cell-phones and our electronic devices, some time away from the TV and radio for God to work in us. Many of us are all up for God to speak “through” us but in order for rest to come He wants to speak “to” us. He has rest made specifically for us. He knows what rests our souls better than we do.

God help us to lay down those things that hinder us from hearing you. Breathe upon us and in us your sweet rest.

Yours in Christ,

Brother Randy Burtram