Resting in God’s presence

By: Loye Pine

Read: Isaiah 30:15

*“In returning and rest you shall be saved; in quietness and in trust shall be your strength.”*

Once I heard the expression “Don’t just sit there, do something” turned around and said to me, “Don’t just do something, sit there”. I was being taught that resting and just being was a spiritual discipline. Laziness had been the description given me in my life if I was not doing. Now the question posed to me was “Are you lazy when you are not doing or are you resting?” The lesson was the OKness of resting.

The Israelites were instructed to rest their fields every seven years. The fields were to lie fallow to replenish and yield better results. This year, 2020, the oystermen of Apalachicola, Florida were banned from removing oysters for five years from the Apalachicola Bay. This is to allow the bay to replenish its oyster population. Lying fallow allows replenishment.

We, too, need to lie fallow. We need to reconnect to the source of life. We can become disconnected and drift in our busyness. Can lazy people fill their lives with distractions that make them appear busy? Yes. Like eating junk food that does not satisfy, busyness can distract us from the real inner work that should be done in our lives. Could we be afraid to just be? Are we willing to be in God’s presence and do the very hard inner work that needs to be done?

*Prayer:* Dear God, you long for us to come to your presence and to rest in you, to replenish, and to be loved by you. Give us the desire to lie fallow in order to better grow our inner life. Amen.