

7/16/18

Dear Brothers and Sisters in Christ,

Short-tempered, unable to concentrate, unmotivated, and the general dark feeling that everything is worse than it really is—these are just a few of the effects a lack of rest have on us. Our bodies need rest. Without it we have a difficult time fulfilling the responsibilities we have. If we deprive our bodies of rest for extended periods of time, it becomes increasingly difficult to function at all, and we may even become ill. So, we crawl into bed, sprawl out on the couch, recline in a chair, or simply lie down on the floor.

My soul finds rest in God alone; my salvation comes from him. Psalm 62:1

What about your soul? Where does it find rest? The psalmist proclaims that his “soul finds rest in God alone.” Why? Because “salvation comes from him.”

There is nothing that exhausts a soul like the guilt of sin. It weighs us down with a burden that threatens to crush us completely. Accompanying that guilt is the terror of punishment.

We know all too well how and where we have failed. We are painfully aware that God knows too. So, the thought of facing him can be terrifying because he holds our eternal future in his hands.

How can I erase what I have done? How can I make up for it so God will grant me entrance into his eternal kingdom? The answer is “I can’t.” My salvation comes from God and only from God.

Jesus has erased my guilt through his death on the cross. The innocent blood of God himself was shed as the payment for all of my sins. That which I could never earn myself has been given to me as a gift of love from God: eternal life with him.

The blood of Jesus was shed for you as well. He took on your sin and guilt and was punished in your place so that you may never experience the punishment you deserve for your sins. May your soul find rest in God knowing that it is through him, and only him that you have salvation!

***Prayer:** Lord, grant rest to my soul by lifting my eyes to see your cross and the forgiveness and salvation you won for me there. Amen.*

(WELS E-Devotion, adapted)

...See you in worship.

Keep looking up because the Lord is always looking down – Psalm 121

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