

# Love Life Ministry

## Touching People with the Healing Power of God's Love<sup>©</sup>



### Experiencing Peace and Rest

by Sandra Crothers

I am sure you have had days where your thoughts and emotions felt worry, anxiety, and fear due to the problems that confronted you. I had one of those days and I knew I needed to rest, and Matthew 11:28-30 (AMPC) says “come to Me and I will cause you to rest.” To rest does not mean to sit down and do nothing. Rest involves the mind. When our emotions are in a negative mood like mine was, we are not in rest. We are in turmoil and we are not experiencing peace. Jesus is the Prince of Peace. In John 14:27 (AMP) Jesus gave us His Peace. I asked Him how He would cause me to rest and experience peace. He began giving me these thoughts and Scriptures.

Matthew 11:30 (AMPC) “Take My yoke upon you and learn of Me.” Yoke in Greek means to take, put on Christ, to learn who He is and His ways of living life, which is different from the way I used to live. 2 Corinthians 5:17 (NKJV) says I am a new person and the old ways have passed away because I am in Christ. Old thought patterns and habits that defined my former life before salvation are to be discarded. Ephesians 4: 22-24 (AMP) describes this. In my new life with Christ, I am learning to recognize these old thoughts and habits through the situations and circumstances that come. The impatient, anxious thoughts, and emotions came because of the desire to see a promise I was believing God for so I could be happy and satisfied and the promise had not manifested. When our thoughts and emotions are in this mindset, we will not be able to rest. It is all about us and living the old way of life.

The deception in this thought pattern is we have to possess everything we want or need, otherwise we cannot be happy or satisfied. Things or possessions will never satisfy us completely. Solomon came to understand this truth in Ecclesiastes 2: 1-11 (NLT) as he had everything he desired. Life revolved around him. It satisfied him for a while, but eventually it was all vanity, and he felt empty and unfulfilled. Only Jesus can fully satisfy our heart and life. If we pursue material things: money, career, health, and relationships to the degree our heart is so focused on obtaining them, we have allowed these things to take center place in our heart and Jesus is no longer seated on the throne of our heart. Solomon experienced this in 1 Kings 11:1-11. (NKJV), he put himself on the throne of his heart and the result brought severe consequences.

We are under the New Covenant of grace and Papa God is never angry with us because of our wrong thoughts, emotions, and wrong choices. He has forgiven us, but the consequences remain until we repent (change our minds and our old ways of thinking) and yield to His Lordship by putting on the mind of Christ. This involves thinking His thoughts, yielding to His instructions, and following Him. When we give Him the cares and the consequences of our bad choices, we

can expect Him to work them out for good (Romans 8:28 (AMP). You may be thinking does not the Bible say that all of His promises are ours and we can ask and receive them? Yes, it does, and He wants to bless us by giving them to us, but what is the motive of our heart? Do we want the blessing more than we want Him? The blessing will bring joy and satisfaction but will not sustain us for the long haul.

It is all about knowing Christ and letting Him build the relationship He desires to have with us. Christ is all we need and everything we need is in Him. It is all about trusting Him and waiting for His timing when what we want is delayed and we do not understand why. It is learning to walk by faith and not by sight or what we feel. It is giving all our problems to Jesus and stop allowing our hearts to be troubled or afraid so His Peace can come. Philippians 4:6-7 (MSG)

If you have enjoyed this article, you will want to read [Learning to Rest](#) on the Resources page of Love Life Ministry website at [www.lovelifeministry.com](http://www.lovelifeministry.com).

I speak blessings over you that touches you with the healing power of God's love!

Shalom!!

Sandra Crothers

Love Life Ministry: Touching People with the Healing Power of God's Love<sup>©</sup>

Scripture quotations taken from the Amplified<sup>®</sup> Bible (AMPC), Copyright © 1954, 1958, 1962, 1964, 1965, 1987 by The Lockman Foundation Used by permission.

Scripture quotations taken from the Amplified<sup>®</sup> Bible (AMP), Copyright © 2015 by The Lockman Foundation. Used by permission.

Scripture quoted or referenced is from *The Holy Bible, New King James Version*, Copyright © 1979, 1980, 1982, 1997 by Thomas Nelson, Inc. Used by Permission. All rights reserved.

Copyright© 1996, 2004, 2007 taken from the NLT Bible by Tyndale House Foundation. Used by permission. All rights reserved Used by permission.

THE BIBLE IN CONTEMPORARY ENGLISH, MSG copyright© 1993, 1994, 1995, 1996, 2000, 2001, 2002. Used by permission of NavPress Publishing Group.