

Rhythms of rest and abiding

It can be easy to imagine times of resting when things are quiet and peaceful around us. But what about when our home or place of work, helping others out, or caring for people is far from quiet and peaceful... what happens then? God can meet us anywhere and bring pockets of peace, even in the strangest of places or chaotic times.

Jesus, the Prince of Peace, fell asleep in a boat during a storm! We can ask Him to fill us with peace, just as He promised peace to His disciples when they trusted in Him. Regular times of prayer and rest (daily, weekly, monthly) can help us to anchor ourselves to Jesus, no matter what storm we find ourselves in.



Mark 2:27
Psalm 139:4
John 15:1-17
John 17:20-26
Psalm 27:13-14

