

## A TIME FOR REST

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December 20

What first came to mind when I was given this topic, especially with the turn in the weather, was: rest is curling up on the couch with my favourite quilt and watching an entire NetFlix series. That rest is good and necessary some days, but there's an even better rest for us!

### **Please read John 16:33**

There has been a lot of waiting, it seems, in 2020. And yet, waiting is okay! But waiting is not always restful. Even at the beginning of this pandemic, we were all waiting... but not all of us were at rest.

Our family found, in those really early days, that even though we had nothing to do and no where to go, we were not rested at all. In fact, we were more emotionally and physically exhausted. My husband was able to work from home most days, but was in virtual meetings nearly all day, with phone calls and constant emails in between. My family was definitely not rested.

Fast forward to June 2020 when my Dad became ill. We had to wait, again, for a diagnosis, which seemed to take forever, but in reality, was less than a week. This is the time when we felt this Rest that is promised us— when we FINALLY put it ALL in God's hands. Finally. Once we did that, we've had nothing but peace, calm, and rest. It provided comfort when my husband's Dad also needed cancer treatment at the same time.

A lot of things have been thrown at all of us this year, but nothing has caught God by surprise. It is so clear that He's got us in His hands all the time.

Our Dads have completed treatment and are on the mend, and that peace and rest is staying with us. When I get anxious about things (even writing this Advent devotional), I remember...God's got this!

I love music, and there's always a song or two that stays with me from different seasons of my life. This season's song is "Take Heart" by Matthew West. If you haven't heard it, I encourage you to have a listen. Actually, I just read a bit more about it and this 2020 season inspired him to write this song, which is probably why it resonates with me so much.

My family wishes you a wonderful Advent season!

Dear God,

Thank you for this day and every day. We know in this broken world we will have troubles and we thank you for the rest that comes with giving all those troubles to You. We can never understand how great Your love is for us, but we are so grateful for it. We pray this in Jesus name, Amen.