

RESTING IN THE LORD

Read: Jeremiah 31:1-9



The man who wrote these words was one of God's prophets. His name was Jeremiah and his job was to tell the people of Israel what the Lord wanted them to know. God would speak to Jeremiah, then Jeremiah would tell all the people what God wanted them to hear. Sometimes Jeremiah had to say some hard things because the people had not listened to God and He was not pleased with them. But in this part of Jeremiah, he was telling Israel about some great things that God was planning to do for them.

God wanted His people to know that someday they would be able to live in their land and have rest. When that day happened, the people would be so happy they would dance and sing and shout for joy. Resting in God was great news because it meant that the Lord would take care of them and make their enemies go away. The people would be able to relax and enjoy the beautiful land God had given them.

Life Application: God wants you to be able to rest in Him too. That doesn't mean He wants you to take naps all the time, it means that you should be able to trust God to care for you and do good things. You don't need to worry when you rest in the Lord.

Prayer: Dear Heavenly Father, Thank you for letting me rest in you. Help me not to fret and worry because I know you love me and want what is best for me. Amen

Memory Verse: I will give you rest.