

Overwhelmed

There are times in life when everything feels like too much. How can I possibly accomplish this entire list within the amount of time I have? How can I meet all the demands of my family, my friends, my coworkers, my boss, my church, and my neighbors? Or how can I possibly get these schedules to line up?

As a child my parents had a little business card size reminder on their bathroom mirror. Every day they would see it. It quite simply said, “Do your best, and God will do the rest.” What if we flip that statement and say, “God has done His best, so we can rest?” There is a poster which reads, “The time for rest is when you don’t have time for it” (S. Harris).

So God blessed the seventh day and made it holy, because on it God rested from all his work that he had done in creation (Genesis 2:3). God rested at the completion of creation. This is quite significant because God does not need rest. He does not have the limits of humanity. He does not need to eat or drink, sleep, or rest (1 Kings 18:27).

Jesus promises to care for us. *“And do not seek what you are to eat and what you are to drink, nor be worried. For all the nations of the world seek after these things, and your Father knows that you need them. Instead, seek his kingdom, and these things will be added to you” (Luke 12:29-31).*

Earlier in Luke 12 Jesus says how beautiful the living things are and Solomon’s splendor doesn’t even compare to them. Humanity was the peak of God’s creation (Genesis 1:31). Will He not care for it, even more than the plants? He knows our needs: physical, spiritual, mental, and eternal. He has given us our work. We can do it through His help.

We are not to be like the Thessalonians who thought the world is ending soon, no need to keep working. We are to continue being diligent until His return (2 Thessalonians 1:10-12).

However, we can rest in God’s saving work through Jesus. We don’t have to do it all. He already did it for us. We can whole heartedly trust Philippians 4:6-7, *do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.*

So, when the world overwhelms us we can be secure in knowing the one who created the universe will sustain and care for us. We are loved by Him.

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