

## Repentance Reaps Rest

### Description

[RG AUDIO 050115](#)

Isaiah 30:15-21

Today, millions suffer from varying forms of sleep disorder. Although there are medical explanations for the symptoms, its treatment, causes and cures; there is one cause that is often overlooked—guilt. What continuous positive airway pressure (CPAP) machines are to those who suffering sleep apnea, repentance is to those who lack rest for the soul. The hound of guilt gives no rest. He and his minions will wake you in the middle of the night with ensuing relentless reminders of your bad choices, heaping more anxiety on an already heavy heart. Have you been there lately?

King Hezekiah, a disciple of Isaiah, unlike his evil father Ahaz, “He did what was right in the eyes of the Lord” (2 Kings 18:3). His actions showed repentance for Judah’s idolatry. He tore down idols, reinstated Temple worship and restored the priesthood. Because of this, Hezekiah enjoyed salvation’s rest. “In repentance and rest is your salvation” (Isa.30:15). Repentance reaps rest.

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