

## Rest In God

### Description

[RG AUDIO 051417](#)

Psalm 91:1-16

Shelter can be defined as anything from a concrete bunker to a cardboard box. I once had the opportunity to know and help a man who had lived for three years in a wooded area within a major Midwestern city. He lived alone in a shelter made of branches, cardboard, and tarps. His hair and beard were wild and long. He ate from dumpsters. He was in pain physically, emotionally, mentally, and spiritually. Part of his pain was from arthritis and tooth decay. Another part of his pain was from his past.

Years before I met him, while driving under the influence of alcohol, he lost control of his car, hitting and killing a pedestrian. It took a year and a half for him to slowly unpack his sad story. These details were revealed to me amid countless outbursts of anger and crude attempts to push me away.

While I have lost contact with him for now, I pray he is finding true shelter for his body and rest for his soul in the help and healing of Jesus. It was Christ himself who said, "Come to me, all you who are weary and burdened, and I will give you rest" (Matthew 11:28).

Author: John Trotter

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