

## Resting Our Hearts

### Description

1 John 3:16-24

Life is busy. Each day seems to begin with an endless checklist. Even my retired parents seem endlessly busy, often running from one doctor's appointment to another. It can seem overwhelming when we read a passage like this in 1 John 3, reminding us that we ought to lay down our lives for one another. We might think, "Great! More to do!"

It is fascinating (and utterly appropriate of John) to continue the passage about how to set our hearts at rest. Rest is found in God's presence and in doing what He wants us to do so that our hearts don't condemn us. Did you see that? Rest comes from doing, but the caveat is doing what God wants.

When I think back on my life, I felt most stressed and overwhelmed when the "oughts" and "shoulds" bombarded me with condemnation. However, when I submit myself entirely to God's will and do what He is asking me to do each day, the "oughts" and "shoulds" no longer disturb my peace because I have the confidence that I am at rest in God's presence.

Author: Lecrecia M. Ali

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