

## Redemption and Rest

### Description

Romans 8:9-17.

If you've ever walked alongside someone with a serious illness, you've witnessed first-hand the damage sickness can do to a human being. I will never forget visiting a sweet friend in the hospital who wasn't far from meeting her Savior. On more than one occasion I sat with her, helpless to ease her suffering. One day, through the pain, she flung both hands in the air and worshiped. It was a brief, yet genuine act of praise, sincerely acknowledging her Redeemer.

Sickness entered the world with that first bite in the garden, and with it, immeasurable suffering. It left humanity in desperate need of redemption. In his letter to the Romans, Paul states, "But if Christ is in you, then even though your body is subject to death because of sin, the Spirit gives life because of righteousness" (v. 10).

Fortunately, we can find that redemption in Jesus Christ. We can rest in the assurance that Christ didn't leave any loose ends on the cross. When Jesus said, "It is finished," it was indeed done. Your sin and mine were atoned for. Like my sweet friend, we too can lift our hands and claim life because of righteousness.

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