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A little over three years ago, God challenged me with a particular scripture. It was one of those times when I 'heard' the scripture reference spoken to me by God, not knowing its content. When I opened my Bible and read this verse, I knew intuitively by God's Spirit that it was what we might call a 'Now Word' for me and my church family.

The verse was Isaiah 30:15 which states "For thus says the Lord God, the Holy One of Israel: 'In returning and rest you shall be saved: In quietness and confidence shall be your strength.' But you would not."

In the historical context, Israel was being invited into a place of rest with God where she would allow God to do what she could not do. She was being invited to access God's help without going back to her slavery mentality. She was being challenged to lean upon God and not look to any other source for her help.

Isn't it easy to look at such Bible passages and clearly see how a nation or an individual made huge mistakes? As we say, hindsight is 20/20.

Much more difficult is for us as individual believers to 'get it right' when we are faced with challenging circumstances. Our emotions rage and our minds whirl.

God offered me, and I believe He offered my church body, a specific invitation on that particular day. Some accepted the invitation at the moment. Some never even realized there was an invitation issued, and most of us passed for a day or two along the way and flunked many other days.

In truth, we were just like Israel, tempted to provide our own escape routes and reject God's path for our great need.

When we walk through stormy seasons, everything within us that is unlike God, comes screaming forth. How can we possibly trust God during such days? It goes against everything in our flesh, our world system, and our woundedness. And then there is the element of spiritual warfare which we say we believe in but often fail to recognize until it is too late.

The sadness in God's message is tangible when He says, "But you would not." Other versions say, "You were not willing."

I think of Jesus weeping over Jerusalem with deep grief and crying out, "How often I wanted to gather you to myself and you would not."

How desperately we all need to be able to live in this place of rest! This rest allows us to access divine resources.

One of the most successful evangelists of the nineteenth century said,
"I used to think I had to do it and the result was great physical strain and exhaustion; but now I feel He has to do it through me: the responsibility His; the message His; the strength His."

The words of Jesus recorded in Matthew 11 give us the same invitation,
"Take My yoke upon you and learn from Me, for I am gentle and humble in heart, and YOU WILL FIND REST FOR YOUR SOULS." (verse 29)

Do you need rest in your soul? The wonderful news is that you cannot manufacture such rest, but God will give it to you.

There is a strength that comes from returning to God's heart and resting in His love and ability. There is strength in quieting our souls and resting confidently in our Father.

You don't have to work for it; you simply must receive it and lean upon Jesus for the continual flow.

You'll know when you've connected to this heavenly flow. "Peace that passes understanding" will flood your heart. Peace that doesn't always connect with our intellectual understanding will fill your being. A deep inner knowing that God Himself will be your refuge, your very present help in your times of trouble will abide within your heart.

This rest comes from knowing God's heart for us, knowing His love for us as His little children for if we can rest in God's heart, then we can confidently know that He is still on His throne and He is concerned about us and our lives and that He is moving on our behalf even when we can't see it or feel it. Our faith provides an inner knowing that God can be trusted.

It is perhaps one of the most difficult things to do for us as humans. We'd much prefer to provide our own strength and ideas for overcoming, yet God resists this type of pride. It's only in our utter dependence upon God that we find rest for our souls.

Would you be willing to ask God to give you that rest today?

Simply open your heart and ask.

May it not be said of us that "we would not."

You can also find this article published on [Use This in Case of Emergency](#), and on the tag pages [difficult days](#), [Isaiah 30:15](#), [Israel](#), [Matthew 11:29](#), [quietness](#), [rest](#), [soul rest](#), [storms](#).