

**Sunday, 01 June 2008**

**[Matthew 11:28-30](#)**

Is there, anywhere, still some place where I can find rest? Does such a place still exist on this earth, where there is true peace, where I can flee to in search of calmness for my soul, find answers to the questions that haunt me day and night, and where nobody will judge, nobody will try to find fault and nobody will hurt with poisoned words and statements? Does such a place exist, or is this an illusion - a search for the unobtainable? How my soul yearns to find a place where I may lay down and experience rest, without my mind spinning off in all directions until I finally drift into a restless sleep only to be awoken by an alarm clock, often feeling more tired than when I went to bed. How I yearn to feel content and completely happy. But, another week is starting... The weekend has passed, and I wonder where I will ever find the energy to face another week. I am worried about the economy, and the rising fuel cost. Will we be able to survive? Will my work situation improve in this week, or will new challenges simply be too much for me to cope? What about relationships? Where will it all end? Will I ever know what true happiness is?

Is there still a place somewhere where true love is always present - where there is no place for anger, hate or hurt? Is there still somewhere where I can be content with my happiness, and feel sufficient love to make me feel happy and carefree because, there, I could find rest through knowing that nothing will go wrong.

And so we search, over and over. We are searching for this place where we can find rest, peace, love and contentment. And yet, so seldom will we find it. The reality of our daily living and conflict is simply too overwhelming and we once again find ourselves tossing and turning on our beds at night - searching for rest, but finding that it keeps eluding us. Where, then, will we find what we are looking for?

**Matthew 11:28-30** *"Come to me, all of you who are tired from carrying heavy loads, and I will give you rest. Take my yoke and put it on you, and learn from me, because I am gentle and humble in spirit; and you will find rest. For the yoke I will give you is easy, and the load I will put on you is light."*

**Psalms 23:1-3** The LORD is my shepherd; I have everything I need. *He lets me rest in fields of green grass and leads me to quiet pools of fresh water. He gives me new strength.*

If you recognize yourself in the scenario written here, then maybe you should also take a closer look at these verses from scripture. There is a place where we can find rest. There is a place where we can renew our strength. We will find this place at the feet of our Lord. Go to Him and He will help.

\* Should you wish to write me, and are in need of someone who would listen and pray with you... Please do. [david@davidniebuhr.com](mailto:david@davidniebuhr.com)

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