

### Rest for the Restless

read

Psalm 46

think

I heard someone say, “If we come out of this pandemic unrested and exhausted, we will have wasted it.” If that’s true, I might be wasting this pandemic. Am I the only one who’s felt restless during this season? I doubt it.

Maybe your restlessness comes through the endless scroll of Instagram or Facebook? For many it’s evidenced by binge-watching from your choice of streaming options. Perhaps your restlessness is even being manifested through more hours at the office? None of these things are inherently sinful. Scrolling through social media can be edifying. Escaping to a world in an online series can be fun. Work is something God invented and brings him glory.

Restlessness, however, seems to be a consistent theme I’m seeing from this pandemic. So many times, the Lord has brought Psalm 46:10a to mind, “Be still, and know that I am God...” Being still seems to be one of the hardest and most unproductive things we can do. This is one of the challenges to our prayer life. It is so hard to sit still. We want to be moving, on-the-go, reading blog posts, keeping up with the news, posting on social media, commenting on social media, hosting zoom meetings, and...producing online devotionals. We just can’t be still.

By God’s grace, there is so much good being produced during this COVID-19 season and so much he’s teaching us. But, let’s also be still and rest in “our refuge and strength [the One who is] a very present help in trouble.” (46:1). During this season, let’s take the extra minutes, that add up to hours, that add up to days, to be still and rest in the One who isn’t restless or weary.

apply

- Think of ways in which your restlessness is being manifested. Ask God to bring those to the surface.
- Reflect upon some blocks of time to sit and be still. Maybe use the words of Psalm 46 to meditate upon God’s power during this season.
- We can sit and be physically still, but also be aware of the ways in which our hearts and minds can continue to be restless. Ask God to still your heart.

pray

Father, you are all-powerful and all-knowing. You know where and how this virus started. You know how this virus will end. You are outside of time and know the end of all things. Spirit, please grant us the strength to rest in the truth of your almighty rule in all of life. Help us to rest in the salvation Jesus accomplished on our behalf.

**by John Perritt**

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