



# FRANKLIN ROAD

baptist church

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## “REST STOP”



YOU SEE THEM EVERY SO OFTEN AS YOU TRAVEL OUR NATION'S INTERSTATES. THEY ARE A WELCOME RELIEF FOR ROAD WEARY TRAVELERS WHO NEED A BRIEF CHANGE OF PACE AND A MINUTE OR TWO TO EMPTY THEIR BLADDERS AND STRETCH THEIR BACKS. AREN'T YOU GLAD FOR REST STOPS?

DID YOU KNOW THERE ARE REST STOPS IN THE BIBLE? IN THE BOOK OF PSALMS WE FIND SEVENTY-ONE REST STOPS. NOW, OF COURSE THEY DIDN'T CALL THEM “REST STOPS” BACK THEN. THE HEBREW WORD THEY USED WAS “SELAH” AND IT MEANS TO STOP AND THINK, PONDER OR MEDITATE UPON SOMETHING. I GUESS PEOPLE FROM ALL AGES AND TIMES HAVE NEEDED REST STOPS. AREN'T YOU GLAD GOD PROVIDES THEM? THERE'S ONE IN PSALM 61:4 WHERE DAVID SAYS, “I WILL ABIDE IN YOUR TABERNACLE FOREVER; I WILL TRUST IN THE SHELTER OF YOUR WINGS. SELAH”. UNDER HIS WINGS . . . NOW DON'T YOU THINK THAT'S A PRETTY GOOD PLACE TO REST?

BUT THERE ARE OTHER REST STOPS. YOU WILL RECALL THAT WHEN GOD CREATED THE WORLD HE RESTED ON THE SEVENTH DAY (GENESIS 2:2). CERTAINLY IT WASN'T THAT GOD WAS TIRED RATHER HE WANTED TO ESTABLISH HIS WORLD ORDER SO THAT PEOPLE WOULD STOP ONE DAY IN SEVEN AND REST. LATER IN GIVING THE TEN COMMANDMENTS THE LORD SAID, “SIX DAYS YOU SHALL LABOR AND DO ALL YOUR WORK, BUT THE SEVENTH DAY IS A SABBATH OF THE LORD YOUR GOD; IN IT YOU SHALL NOT DO ANY WORK, (EXODUS 20:9-10). ISN'T IT NEAT THAT GOD MADE A REST STOP ONCE A WEEK!

AND THAT'S NOT ALL. PSALM 37:7 REMINDS US TO “REST IN THE LORD AND WAIT PATIENTLY FOR HIM; DO NOT FRET BECAUSE OF HIM WHO PROSPERS IN HIS WAY, BECAUSE OF THE MAN WHO CARRIES OUT WICKED SCHEMES.” WE CAN TRUST GOD EVEN WHEN THINGS LOOK BLEAK AND IT SEEMS THE BAD GUYS ARE BEING BLESSED. FURTHERMORE PSALM 116:7 ENCOURAGES US “RETURN TO YOUR REST, O MY SOUL, FOR THE LORD HAS DEALT BOUNTIFULLY WITH YOU.” WE NEED NOT WORRY WHEN WE CAN REST.

IN MARK 6:31 JESUS CALLED HIS DISCIPLES TO “COME AWAY BY YOURSELVES TO A SECLUDED PLACE AND REST A WHILE.” THE PASSAGE INDICATES THAT THEY HAD BEEN SO BUSY WITH MINISTRY THEY DIDN'T EVEN HAVE TIME TO EAT A MEAL. GOD GIVES REST STOPS! JESUS SAID, “COME UNTO ME, ALL WHO ARE WEARY AND HEAVY LADEN, AND I WILL GIVE YOU REST.” (MATTHEW 11:28).

LOOKING UP!

PASTOR CHUCK CIRCLE