

Rest In God's Presence

Description

[RG AUDIO 100518](#)

Exodus 33:12-23

Rest and anxiety are opposed to one another. There are few things that make for a more restless night's sleep than anxiety. You have likely experienced having trouble falling asleep due to a subject causing you anxiety weighing heavily on you, or woken in the middle of the night and had difficulty returning to sleep.

Moses had plenty of reason to be anxious thanks to the Israelites. And yet, as Moses met with the LORD, He promised Moses his presence and rest. If rest and anxiety are opposed, the LORD's presence and rest are directly connected. Adversity and pain and uncertainty are, sadly, a part of life this side of the Second Coming of our Lord. For all who are weary and burdened, Jesus urged them to come to Him and they would find rest for their souls.

What is causing you anxiety today? Family concerns, work situations, concerns about a challenge your church is facing, money issues, the list could go on and on. Whatever may be causing you anxiety today, seek the LORD'S presence today and find rest for your soul.

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