



First Christian Reformed Church of Lynden
From Generation to Generation for the Glory of God

God's precious and exceedingly great promises in hard times

Colossians 3:16 Let the word of Christ dwell in you richly,
teaching and admonishing one another in all wisdom,
singing psalms and hymns and spiritual songs,
with thankfulness in your hearts to God.

Scripture

Reflections on Rest in Scripture

Genesis 2:1-3 Thus the heavens and the earth were finished, and all the host of them. ² And on the seventh day God finished his work that he had done, and he rested on the seventh day from all his work that he had done. ³ So God blessed the seventh day and made it holy, because on it God rested from all his work that he had done in creation.

Exodus 23:12 Six days you shall do your work, but on the seventh day you shall rest; that your ox and your donkey may have rest, and the son of your servant woman, and the alien, may be refreshed.

Exodus 33:13-14 Now therefore, if I have found favor in your sight, please show me now your ways, that I may know you in order to find favor in your sight. Consider too that this nation is your people.” ¹⁴ And he said, “My presence will go with you, and I will give you rest.”

Psalms 4:8 In peace I will both lie down and sleep;
for you alone, O Lord, make me dwell in safety.

Psalms 37:7 Be still before the Lord and wait patiently for him; fret not yourself over the one who prospers in his way, over the man who carries out evil devices!

Isaiah 26:3-4 You keep him in perfect peace whose mind is stayed on you, because he trusts in you. ⁴ Trust in the Lord forever, for the Lord God is an everlasting rock.

Jeremiah 31:24-25 Judah and all its cities shall dwell there together, and the farmers and those who wander with their flocks. ²⁵ For I will satisfy the weary soul, and every languishing soul I will replenish.

Mark 6:31-32 And he said to them, “Come away by yourselves to a desolate place and rest a while.” For many were coming and going, and they had no leisure even to eat. ³² And they went away in the boat to a desolate place by themselves.

Acts 3:19-20 Repent therefore, and turn back, that your sins may be blotted out, ²⁰ that times of refreshing may come from the presence of the Lord

Philippians 4:6-7 Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. ⁷ And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.

Hebrews 4:9-11 So then, there remains a Sabbath rest for the people of God, ¹⁰ for whoever has entered God's rest has also rested from his works as God did from his. ¹¹ Let us therefore strive to enter that rest, so that no one may fall by the same sort of disobedience.

Matthew 11:28-30 Come to me, all who labor and are heavy laden, and I will give you rest. ²⁹ Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls. ³⁰ For my yoke is easy, and my burden is light.”

Song

Psalm 59:16 But I will sing of your strength; I will sing aloud of your steadfast love in the morning. For you have been to me a fortress and a refuge in the day of my distress.

[You can Google the hymn to hear it if you would like to sing along.]

Be Still, My Soul: The Lord Is On Your Side

Be still, my soul: the Lord is on your side;
bear patiently the cross of grief or pain;
leave to your God to order and provide;
in ev'ry change he faithful will remain.
Be still, my soul: your best, your heav'nly Friend
through thorny ways leads to a joyful end.

Be still, my soul: your God will undertake
to guide the future as he has the past.
Your hope, your confidence let nothing shake;
all now mysterious shall be bright at last.
Be still, my soul: the waves and winds still know
his voice who ruled them while he dwelt below.

Be still, my soul: when dearest friends depart,
and all is darkened in the vale of tears,
then shall you better know his love, his heart,
who comes to soothe your sorrow and your fears.
Be still, my soul: your Jesus can repay
from his own fullness all he takes away.

Be still, my soul: the hour is hast'ning on
when we shall be forever with the Lord,
when disappointment, grief, and fear are gone,
sorrow forgot, love's purest joys restored.
Be still, my soul: when change and tears are past,
all safe and blessed we shall meet at last.

(Be Still, My Soul" words by Kathrina von Schlegel, Public Domain, CCLI #358926 Streaming License #20317932)

Prayer

II Chronicles 7:14 If my people, who are called by my Name, will humble themselves and pray and seek my face and turn from their wicked ways, then I will hear from heaven and will forgive their sin and heal their land.

“Rest” A prayer from The Valley of Vision: A Collection of Puritan Prayers.

Heavenly Father,
My faith is in you,
My expectation is from you,
My love goes out toward you,
I believe you,
accept your Word,
submit to your will,
rely on your promises,
trust your providence.

I bless you that the court of my conscience
proves me to be yours.

I do not need signs and wonders to believe,
for your Word is sure truth.

I have cast my anchor in the port of peace,
knowing that present and future
are in nail-pierced hands.

You are so good, wise, just and holy,
that no mistake is possible to you.

You are the fountain and source of all law;
what you command is mine to obey.

I yield to your sovereignty all that I am and have;
do with me as you will.

You have given me silence in my heart
in place of murmurings and complaints.

Keep my wishes from growing into willings,
my willings from becoming fault-finding
with your providences
and have mercy on me.

If I sin and am rebellious, help me to repent;
then take away my mourning and give me music;
remove my sackcloth and adorn me with beauty;
take away my sighs and fill my mouth with songs;
and when I am restored and rest in you
give me summer weather in my heart.