



## The Restless Soul

Opening Devotion

*For God alone, O my soul, wait in silence, for my hope is from him (Psalm 62:5).*

Researchers tell us that adults today don't get enough sleep. The advent of electricity means we stay up later than our ancestors. Well into the night we are watching television, reading, or using our computers. "Early to bed and early to rise" doesn't seem to fit in with today's lifestyle. Consequently, sleep deprivation and fatigue are common among us. As a society, we just aren't getting enough physical rest.

Just as common are the people who can find no rest for their souls. Many carry burdens of guilt, hatred, anger, or prejudice. Some are grieving. Others are unable to forgive, whether it is themselves or someone else. Day after day they search for inner peace and it just isn't there. They look for hope and can't find it.

Do you have a restless soul? Take to heart the words of Jesus, "*Come to me, all who labor and are heavy laden, and I will give you rest ... I am gentle and lowly in heart, and you will find rest for your souls*" (Matthew 11:28, 29b). Jesus invites us all to come and rest in Him.

**Prayer:** Thank You, Lord Jesus, that we can say, "I came to Jesus as I was, So weary, worn, and sad; I found in Him a resting place, And He has made me glad" (LSB 699, verse 1). In Your name we pray. Amen.

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