



“MY SOUL FINDS REST IN GOD ALONE”

PSALM 62:1

by Pamela Stephens

It was a bright June day in 1990 and I was on my way to the hospital two hours away. My mother had been taken by ambulance to the emergency room. She had a recurrence of breast cancer and had undergone treatment since October of the past year. I was alone when my father called asking me to meet them there. After making arrangements for my girls for after school plans, I hopped into the car and made my way down the mountain road. I was nervous, felt sick to my stomach and was crying.

Out of habit, I reached for the radio, loaded my praise tape, punched play and drove. I didn't feel like singing along as I usually did; however, as I listened to them my spirit was soothed and comforted. I sang. That was the first time I was personally aware what the phrase “a sacrifice of praise” meant from the Hebrews verse. My voice lifted up praises to God and I felt better! Yet, mom did not get better. Mom went to be with the Lord a week later. My soul and hers found rest.

“My soul finds REST in God alone.” Psalm 62:1. There have been so many times I have come back to that verse and added my “amen” to it! I can get caught up in the everyday things of this life and so easily forget that God indeed is where my soul can find the rest it desires!

Who hasn't been shaken at times when those around us choose wrongly and disappoint, leaving us in a state of angst. It could be a change brought on by a new job in a new town which catches us off guard. It might even be the upheaval and fear over a loved one ravaged with disease that doesn't respond to medical treatments.

It's at those very times this verse becomes so real, doesn't it? When the things we counted on, trusted in, made us happy, and felt secure about are suddenly and unexplainably gone. Then where is the peace, the Rest that seems at the moment unattainable?

Years ago I asked myself some questions, such as “What if everyone you loved were gone; either from their own choices, or because of death? Would you still be able to serve God?” or “What if the financial resources which you count on were suddenly dried up or depleted? Would you still be able to love God?” Or “If your health were threatened and there was no cure, could you still be at peace?” These are tough questions, especially because they are all so vital to us.

Many years have gone by since then and many events. My daughter was hospitalized at age 5 with a severe allergic reaction and we thought she might not see age 6; my mother was lost to breast cancer at age 62; my eye was seriously injured at an amusement park; my husband’s career was in upheaval several times; our home was threatened by forest fires twice and we evacuated for weeks; my father passed away at age 80 from strokes and heart disease. But, my life is not unusual. Your life has had many such things, different names, different events, the same pain.

Today, we agonize over a daughter’s addictions and life choices. It’s not fun; not pretty. The final outcome isn’t certain; I am not in control of the results. However, there is One I can rely on to know the beginning and the end. Because I **remember** what He has done for me in the past, I can **expect** He will work on my behalf now and in the future. I can **stand firm** in my faith because of Who He is! And I can **thank** Him for showing Himself faithful and True over and over again!

Though years have gone by, with its hurts and tragedies, there have also been wonderfully joyous times; still my answer is the same. If all were gone, would you love, obey and serve the Lord? Yes, because He alone is the **REST** for my soul. He alone has been faithful, trustworthy, loving, sovereign, forgiving, and my all.

Reflect and Respond

- 1) R- Remember some things God has done for you in the past.
- 2) E- Expect that God will work again for your behalf.
- 3) S- Stand firm in your faith; don’t waiver or run!
- 4) T- Thank God for what He will do in advance.



Pamela Stephens speaks for women’s retreats and conferences and has taught Bible Studies since the 1980’s. She is a contributing author to four books.

Pam and her husband Bob, moved to NW Arkansas four years ago from California. They have two daughters and two grandsons and love traveling and RV’ing in their motor home when they aren’t in Bella Vista. They celebrated their 41st anniversary in January this year.