

Grace Notes

It Can Destroy Your Soul

5.05.10



***Come to Me, all you who are weary and burdened, and I will give you rest.
Matthew 11:28***

“Hurry” - it can destroy your soul. And it can happen without you even being aware—until it’s too late.

In his book, *Messy Spirituality*, Mike Yaconelli quotes French author, Jacques Ellul, who wrote, “*Man has set out at a tremendous speed—to go nowhere.*”

Someone once said, “*If the devil can’t keep a person ‘lost’, he’ll simply keep them busy.*” Either way, the enemy finds success.

Yaconelli goes on to write, “*What keeps many of us from growing is not sin, but speed.... We’ve lost [Jesus] in the buried landscape as we rush [from place to place]. We don’t struggle with the Bible. We struggle with the clock. Speeding through life endangers our souls.*”

The enemy knows this. And he capitalizes on it by slyly convincing us that “one more meeting or activity or commitment” won’t hurt. And the One who said, “*Come to Me and I’ll remove your burdens*” watches as we willingly pile them on one at a time.

In his outstanding book that runs completely counter to our activity-driven culture, “*The Rest of God: Restoring Your Soul by Restoring Sabbath*,” Mark Buchanan writes, “*What we, as believers, have really lost is ‘the rest of God’ - the rest God bestows and, with it, that part of Himself we can know only through stillness.*”

Running on empty? Stop at once and let Jesus love you, re-fuel & restore your soul.

Soli Deo Gloria, Nick

