

Speaking to the soul

Rest

**This is what the LORD says: “Stop at the crossroads and look around. Ask for the old, godly way, and walk in it. Travel its path, and you will find rest for your souls.”
Jeremiah 6:16**

I struggle to remember the days before I used satellite navigation. However, I drove for many years before the luxury of these devices, and I would often come to a crossroads and wonder which way I needed to go next. I ministered in Devon for a number of years, and I frequently found myself travelling down beautiful country lanes and getting completely lost. Then, I would come to a crossroads, and I had to make a decision.

God spoke to his people and told them to do just that: stop and reflect on which way they needed to go next. They had the power to go whichever way they chose but he advised them to choose the old, godly way that God had shown them through Moses.

From time to time, we all face decisive moments. There will always be a range of options, but amid the clamour, we can hear the voice of Jesus saying: “Come follow me.” People have trodden this path for 2,000 years, but he calls us amid

the cut and thrust of 21st-century life. The principles of following Jesus haven't changed at all, and the outcome will be the same as it was for the people of Jeremiah's day.

God invited them to travel on the old godly path, assuring them that they would find rest for their souls. Significantly, that's exactly what Jesus promised as well. He said: "Come to me, all of you who are weary and carry heavy burdens, and I will give you rest" (Matthew 11:28). He promises us his peace and takes away from us the burden of anxiety and fear. When we are yoked to Jesus, the burden is always light.

QUESTION

Which way will you go when you next face a crossroads in your life?

PRAYER

Loving God, thank you that you invite me to follow you and that you promise me your gift of rest. Amen

