



APPLICATION (Action)

So what is it that I can do to feel rest and fulfillment in God?

Come to Him

Come to Me, all you who labor and are heavy laden, and I will give you rest. 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. (Matthew 11:28-29)

Know that He loves us unconditionally

This is shown so clearly throughout scripture. The more I read it, the more I know it. SEE HIS FAITHFULNESS THROUGHOUT TIME. Multiple righteous people reference the parting of the Red Sea, in remembering God's strength, care and governance (ex: Joshua set up stones as a memorial to remember their crossing of the Jordan).

I remember the days of old; I meditate on all Your works; I muse (ponder) on the work of Your hands. I spread out my hands to You; My soul longs for You like a thirsty land. (Psalm 143:5-6)

I will remember the works of the Lord; Surely I will remember Your wonders of old. I will also meditate on all Your work, And talk of Your deeds. (Psalm 77:11-12)

Trust Him

Trust in His love, His goodness. Trust Him as Pantocrator, the True Physician, the Good Shepherd.

The Lord is my light and my salvation; Whom shall I fear? The Lord is the strength of my life; Of whom shall I be afraid? (Psalm 27:1)

O Lord my God, in You I put my trust; Save me from all those who persecute me; And deliver me, Lest they tear me like a lion, Rending me in pieces, while there is none to deliver. (Psalm 7:1-2)

And those who know Your name will put their trust in You; For You, Lord, have not forsaken those who seek You. (Psalm 9:10)

But let all those rejoice who put their trust in You; Let them ever shout for joy, because You defend them; Let those also who love Your name Be joyful in You. (Psalm 5:1)

Share with Him

Share your good, your bad, your ugly, your troubles, your success, your failures, your worries. Share the inner-depths of you. Give Him your brokenness to mend and heal. Give Him space to work

Therefore humble yourselves under the mighty hand of God, that He may exalt you in due time, casting all your care upon Him, for He cares for you. (1 Peter 5:6-7)

Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let



your requests be made known to God; and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus. (Philippians 4:6-7)

But those who wait on the Lord Shall renew their strength; They shall mount up with wings like eagles, They shall run and not be weary, They shall walk and not faint. (Isaiah 40:31)

Learn from Him

Come to Me, all you who labor and are heavy laden, and I will give you rest. 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. For My yoke is easy and My burden is light.” (Mt 11:28-30)

Reject the lies of the devil / Reject conversing with him!

Don't even converse with the devil because all he will tell you are lies and false hopes

When I know God's words and promises, I also, by default, know the things against His words, His characteristics, His image. When I hear or think things that are contra-God or have the desire to do things that take me away from God (whether they are inherently good or not)...then I must quickly reject them and put them aside and move along.

Remember the works of God in my life and throughout time to help me throughout the ebbs and flows.

Delight in Him

Trust in the Lord, and do good; Dwell in the land, and feed on His faithfulness. **Delight yourself also in the Lord, And He shall give you the desires of your heart.** Commit your way to the Lord, Trust also in Him, And He shall bring it to pass. (Psalm 37: 3-5)

“As the desire of the flesh is to wish to have one's eyesight restored, to enable him, that is, to see that light, which can be seen by such eyes; so "the desire of the heart" relates to a different sort of light. For, "Blessed are the pure in heart, for they shall see God. Delight you yourself in the Lord; and He shall give you the desires of your heart.” St. Augustine of Hippo, Exposition on Psalm 37

God is “all in all”, Father, Judge, Friend, Bridegroom, Creator, Healer, Savior, Shepherd, True Physician, **JOY**. He is all in all.

Even our pain and suffering can be fulfilled in Christ, if He is the goal and lens by which we see everything. All things are opportunities for us to turn to Him, trust Him, delight in Him and be filled by Him.

Commune with Him

Through the Eucharist, being one body with Him, touching Him, being joined to Him, the Lifegiver.

Repent and Confess

Remove those things that separate ourselves from the true Joy: God.