

GOD'S REST.

HEB. IV.

The heart of man naturally seeks rest, and seeks it here. Now there is no rest to be found here for the saint; but it is written, "There *remaineth* therefore a rest to the people of God" (v. 9). To know this is both full of blessing and full of sorrow—sorrow to the flesh, because, as it is always seeking its rest here, it has always to be disappointed—blessing to the spirit, because the spirit being born of God, can only rest in God's own rest, as it is said, "If they shall enter into my rest" (vs. 3, 5).

God cannot rest in the corruption of sin. He can only rest in that which is perfectly holy. And because He who thus rests is "Love," and loves us, He makes us understand that He will bring us into His own rest, into His own delight.

Now let the soul once know what this rest of God is, let the heart once be set upon it, there will be joy unspeakable in understanding that God's love can rest in nothing short of bringing us into His own delight. There will then also be the full, settled consciousness that we cannot find rest elsewhere. There are indeed joys by the way, but the moment we rest in them they become as the quails of Israel (Numbers xi.)—poison.

Whenever the soul loses practically the knowledge that its rest is in God's rest, the moment the