

ALOHA KE AKUA

"God is Love" - Finding Rest
June 2020

BUILDING SPIRITUAL MOVEMENTS EVERYWHERE SO THAT EVERYONE KNOWS SOMEONE WHO TRULY FOLLOWS JESUS



The month of June was one of finding rest. I found myself feeling a lot of weariness and exhaustion and there were tears, and feelings of fear, insecurity, and doing too much mixed with feelings of not doing enough. Sometimes it takes getting away even in the midst of a pandemic to slow down and remind ourselves that He is God and we are not — words spoken over me more in this season and words I've needed to keep hearing.

For me, I actually got on a plane and flew to Colorado for much needed space with the Lord and a safe place with one of my mentors and their family. Rest doesn't always get to look like this but I want to encourage us to find it someday or another. To be reminded that He is in control and what He calls us to is to rest in Him.

As I prayed for my weekend of unplugging and sitting in His presence and creation, I remember sitting on the porch looking out journaling and asking the Lord to speak. I felt so strongly He just wanted me to be. To be WITH Him and to rest IN Him.

These lyrics continued to pour over me and I pray that they would encourage you wherever you are at in this moment as well. "You are closer, closer than my skin. And you are in the air I'm breathing in. And here's where the dead things come back to living. I feel my heart beating again. This is where I'm meant to be. Me in you and you in me. And I don't have to prove a thing. You've already approved of me."

Find rest today even if just for a little bit. This is what I am leaving with as the windows were rolled down, starting to head out, hearing these truths is what I am coming home with.

"Come to me all who are weary and burdened and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light." Matthew 11:28-30

I hope that even today as you read this you would be able to find a second, minute, hour to just stop and rest. Stop whatever it is you are doing, take breath, and exhale what is holding you down, and inhale the truths of who Jesus is and His promise over you! Standing and praying with you now!

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