



Christianity isn't about striving or trying to earn God's love.
It's about believing He loves you
and trusting in all that Jesus has done and won for you
so you can rest your thoughts and your emotions
in God's love.

This booklet will help you to understand this
so you can start to live your life
resting in His love.



Katherine Hilditch has been teaching in local churches for many years. In 2013 she wrote her first booklet and since then has written many more. She created her website to make all the booklets freely available to everyone. They can be read online or printed out. Katherine's threefold purpose is to help people understand more about Jesus and all He has done and won for them, to encourage them to go deeper in their relationship with God and to provide material to help them share their faith with others. To read her story and find all the booklets go to –

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RESTING IN GOD'S LOVE

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'Resting in God's Love'
by
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Unless otherwise indicated
all Scripture quotations are taken from
the World English Bible British Edition (WEBBE)
(Any words in brackets are not in the original text
but are included to help understanding)

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will become more and more natural as you keep turning back to Jesus and trusting in Him. Choose to rest in His love and find a whole new wonderful way of living – not striving or trying to prove yourself, but resting your thoughts and emotions in the truth that God loves you, and enjoy!

Being Born-Again

When you acknowledge Jesus as God and decide to follow Him, you make Him your Lord. When you accept His sacrifice on the Cross for yourself personally, you make Him your Saviour. You are then born-again and have a new perfect spirit. God becomes your Father and you His child, and you can start to enjoy your personal love relationship with Him.

Romans 10:9 says – *‘If you will confess with your mouth that Jesus is Lord, and believe in your heart that God raised him from the dead, you will be saved.’* Tell God you are sorry for the wrong things you do, say and think. Choose to believe that Jesus is Lord, that He died for you and is now alive. Accept Him as your Lord and Saviour. Say it with your voice and believe it in your heart.

If you’ve done that sincerely, you are now born-again and Jesus has come to live in you. Everything you’ve ever done wrong or ever will do wrong is forgiven, and after this life is over, you’ll live in peace and joy with your loving Father God for ever.

As a child of God, you now have a whole new family of brothers and sisters. Tell a trusted Christian that you are now born-again so they can help you in your new life in Jesus. And you have the Bible to help you understand and experience more of God’s love for you and all Jesus has done and won for you. It will help you to live your life in the best possible way – His way.

RESTING IN GOD’S LOVE

God loves you unconditionally no matter what you think of Him and nothing can change that. He wants you to believe it and trust it so you can relax and be at peace in your soul (your soul is your mind, your emotions and where you make decisions). That’s how you rest in His love.

You’ll never be able to rest in God’s love if you doubt it, or feel you have to strive for it, or earn it, or prove yourself in some way. To rest in it you have to believe in it and trust it and live your life based on the truth of His unconditional love for you. God knows that it is the only way for you to have a really happy, peaceful and fulfilling life.

Living in God’s Secret Place

Psalm 91:1 says – *‘He who dwells in the secret place of the Most High will rest in the shadow of the Almighty.’* God wants everyone to live in the place where their soul can find rest. But it’s secret. You can only find it when you accept His love for you through Jesus and put your trust in it. And it’s only when you’ve found it that you can choose to rest in it.

Christianity isn’t about striving or effort. It’s about believing in God’s love through Jesus, receiving it and resting in it. When you’re with someone you love, you don’t have to make an effort to enjoy them – you just relax and enjoy their presence. Trying to love them more or trying to make them love you more doesn’t work. They want you to rest in their love, just as you want them to rest in your love. That’s the way it works. Trusting God and resting in His love will deepen your relationship with Him without you trying to do anything.

Jesus told a story about a man and his son. They lived a good life but the son wanted to do his own thing. He persuaded his father to give him his share of inheritance and left home. He went completely off the rails. Eventually, when he had spent all the money and was reduced to wanting to eat pig food, he came to his senses and went back home. He was going to ask his father if he could work as one of his servants because he was so unworthy of being his son anymore. But his father had missed him so much and was always watching for him to come home. When he saw him coming, he ran to his son and threw his arms around him. He didn't give him a chance to ask about being a servant. He called him his son and took him home. He dressed him in fine clothes and held a great feast to celebrate his return. Jesus told this story to help people understand more about God's love for them. God isn't hiding, He isn't cross, He just wants you to come to Him. He is ready to run to you and throw His arms around you and call you His son, His daughter, no matter what your life has been like.

God didn't ask you to climb your way up to heaven somehow to find His love. No, He came down to you in Jesus. Love came down to find you, just like the father in the story. God hasn't got His back to you – He's facing you. He's watching for you, drawing you with His love. And when you turn to Him He'll run to you and shower you with His love and blessings. You just have to respond – He'll do everything else. This is why you can rest in His love. Christianity is about a love relationship with God through Jesus and resting in it. You won't prove His love for you is true by your own effort, in striving for it or chasing after it. You'll find it's true by believing in it and receiving it and resting in it. And when you live in God's secret place you are covered by His shadow of love and protection.

Rest in God's Love

You're never going to get to the point of resting perfectly in God's love in this life, but you can get deeper into it if you choose to. And after you die, you will find a life of wonderful joy, love and peace all underpinned by resting perfectly in God's love. The way is open to everyone – no-one is excluded. But you have to believe it and receive it. Decide to believe in God's love for you and start to live in His love and protection. Soak in it – meditate on it, let it fill your mind and emotions. Refuse to think any thoughts that try to make you doubt His love for you. Believe He loves you and wants to protect you and is longing for you to come under His shadow so you can rest in His love. Not just for when you're talking to Him, reading the Bible or praising Him, but all the time. He wants you to rest in Him through every day and every night.

Jesus is with you all the time – He's sitting next to you on the settee, He's walking beside you along the road, He's sitting next to you in the car, He's sitting on your bed watching over you through the night. All the time He is showing you He loves you and cares for you. Trust Him and rest in that truth. Turn to Jesus and let Him give you His rest. Listen again to His words to you from Matthew 11:28-29 – *“Come to me, all you who labour and are heavily burdened, and I will give you rest. ²⁹Take my yoke upon you, and learn from me, for I am gentle and humble in heart; and you will find rest for your souls.”* What a wonderful promise. It's true, but you'll only find it's true for you, when you choose to believe it and receive it by faith.

Today can be the first day of your new life at rest. Don't give up or get discouraged if you find yourself starting to worry or stress about things again. Turn back to Jesus and His love for you. It

Enter In

There's no other way to find lasting rest except through Jesus. It is only when you accept Him that your thoughts, emotions and decision-making can find true rest in God.

Even after you're born-again, you can still miss God's rest. Some Christians still let worries and stress fill their minds and emotions. But God's rest is available to every born-again Christian for the taking.

Live in His Love

You don't have to make an effort to stay in God's love – you can't get away from it. Romans 8:38-39 – says *'I am persuaded that neither death, nor life, nor angels, nor principalities, nor things present, nor things to come, nor powers, ³⁹nor height, nor depth, nor any other created thing will be able to separate us from God's love which is in Christ Jesus our Lord.'*

But if you neglect your relationship with God, you will gradually lose your experience of it just like the son in the story. But just like the father, God will still love you unconditionally, and is longing for you to turn back to Him so He can show you His love again.

If you feel you've lost your relationship with God, be assured that you haven't – you've just lost your experience of it. God isn't going to be cross with you. Psalms 116:7 says – *'Return to your rest, my soul, for the LORD has dealt bountifully with you.'* It's only in your relationship with God through Jesus that you can find true rest for your soul – not a temporary rest, but one that can underlie your whole life.

It's all About Jesus

You can never earn or deserve God's love. His love for you is totally unconditional. It doesn't depend on how good or bad you are, how you perform or whether you measure up on some scale. Even if you lived the best possible life you could, He would not love you any more than He does right now because His love for you is already infinite. And if you lived a life full of wrong thoughts and actions, it wouldn't make Him love you any less – He wouldn't like those things, because they can harm you and other people, but His love for you is completely unconditional.

What you have to do is believe in His love and receive it in faith. And the only way to do it is through Jesus. Without Him you are going to get hung up on how good or bad you are. When Jesus died, He took all the punishment that every single person, past, present and future, deserves. And that includes you. Yes it's true – God's not angry with you because He has already punished your every wrong thought, word and action – what the Bible calls sin. And He's already punished all the sins you haven't committed yet! But He didn't punish you for them – He punished Jesus instead. That's how much He loves you.

God has done everything that is needed through Jesus for you to come into a relationship with Him and rest in His love. You just have to be born-again, that is receive Jesus as your Lord and Saviour, to enter into it. No-one can save themselves – everyone needs a Saviour and there is only One who has done all that is needed. Jesus says in John 14:6 – *"I am the way, the truth, and the life. No one comes to the Father, except through me."* (To read about being born-again, go to the end of this booklet.)

And Jesus promised that when you come to Him you can find rest. He said in Matthew 11:28-29 – *"Come to me, all you who*

labour and are heavily burdened, and I will give you rest. ²⁹Take my yoke upon you, and learn from me, for I am gentle and humble in heart; and you will find rest for your souls.” Do you labour? Do you carry a heavy burden? Do you feel that you have to prove yourself all the time? Do you feel driven by other people’s expectations or by events or by your own ambition? Jesus offers you rest. It doesn’t mean sitting on the settee or lying in bed all day and not doing anything; it means being at rest in your thoughts and emotions and living your life from that place of rest so that even when you’re busy you are resting inside.

You can’t find this rest without Jesus. If you don’t believe in Him and refuse to accept Him as your Lord and Saviour there is no real rest for you. Hebrews 3:19 says – *‘We see that they weren’t able to enter in (to his rest) because of unbelief.’* If you don’t believe in Jesus and all He has done for you, you have unbelief in your heart and you cannot enter into His rest. But things can change. God is longing for you to turn to Him and be born-again and enter into His rest.

A Sabbath Rest

In the days before Jesus was born, God gave His people the Law – a detailed list of instructions to obey which included the Ten Commandments. One of those commandments in Exodus 20:8-11 was – *“Remember the Sabbath day, to keep it holy. ⁹You shall labour six days, and do all your work, ¹⁰but the seventh day is a Sabbath to the LORD your God. You shall not do any work in it, you, nor your son, nor your daughter, your male servant, nor your female servant, nor your livestock, nor your stranger who is within your gates; ¹¹for in six days the LORD made heaven and earth, the sea, and all that is in them, and rested the seventh*

day; therefore the LORD blessed the Sabbath day, and made it holy.” The Sabbath day, which was our Saturday, was to be a day of rest. After Jesus, the Christian church made Sunday the day of rest. This is why for centuries most people haven’t had to work on a Sunday and shops and places of entertainment were closed. But when Jesus came and took the punishment for sin, the Law was no longer needed. The way to God was open to anyone who accepted Jesus. It doesn’t mean that the Ten Commandments aren’t good to keep – they are. But keeping them will no longer earn you God’s love because He’s already forgiven you.

God has now established a different kind of Sabbath rest through Jesus. Hebrews 4:9-11 says – *‘There remains therefore a Sabbath rest for the people of God. ¹⁰For he who has entered into his rest has himself also rested from his works, as God did from his. ¹¹Let’s therefore give diligence to enter into that rest.’* It’s not rest on a particular day anymore, but living your whole life from a place of rest in God. This is what He wants for you. He wants you to rest from your works.

He doesn’t want you stressed and driving yourself or being driven by others. He doesn’t want you to try to prove yourself to Him or others. He doesn’t want you to try to earn His love. He wants you to receive His rest for your soul which only He can give you, and then live your life from that place, resting in His love and in all Jesus has won for you. You have to believe it and receive it.

While resting in God’s love you can run, dance, sing and laugh; you can make important decisions, you can do the humdrum things of life, you can do your job and care for the people you love and you can face difficult times with peace in your heart.