



## CHRONIC JOY® DEVOTIONAL

### FINDING REST IN GOD

By Lee Ann Zanon

#### PERSISTENT PRESS OF PAIN

The persistent press of chronic pain makes me weary. Recurring questions consume my mind. Anxiety robs me of peace. Why are medical expenses so high and appointments so hard to schedule? How can I serve others when my capacity is increasingly limited? What does the future hold if my condition continues to get worse? Swirling thoughts spiral into sadness and exhaustion. I yearn for rest.

In recent weeks, Psalm 62:5 has become a lifeline. It offers a tangible strategy for dispelling ominous clouds of “what if” with the radiant light of “what is.” Rather than allowing worry to overshadow my thinking, Scripture redirects me to truth.

*Rest in God alone, my soul, for my hope comes from Him. (Psalm 62:5)*

This simple, 12-word invitation calls me to release the concerns of my heart and find consolation solely in the Lord. Resting in God Himself – surrendering my fears and hopes to His will – offers a fresh perspective. Clinging to His attributes (mercy, grace, compassion, and more) leads me to deeper faith, knowing He is always at work for good.

Psalm 62:5 also challenges me to reconsider how I respond to pain. If I am honest, I must acknowledge the cycle of expectation and disappointment that I allow to dictate my thoughts and emotions. Placing my hope in people or circumstances is both unwise and unfair. The Lord never promises that any person or situation can meet the deep needs of my heart. Instead, He clearly and repeatedly points to Himself as the ultimate source of help.

#### FINDING REST FOR YOUR SOUL

In Matthew 11:28-30, Jesus offers renewal far beyond what this world can provide: Come to Me, all of you who are weary and burdened, and I will give you rest. Take My yoke upon you ... and you will find rest for your souls.

The imagery of taking Christ's yoke reflects the agricultural lifestyle of His original audience. They were familiar with the beam carefully crafted to rest on the necks of oxen side by side, yoking them together to partner in the fields.

I love to imagine myself similarly walking with the Lord, trusting Him to bear the weight of every burden. His sustaining strength instills peace within me. My soul finds rest in Him alone.

#### PRAYER

Heavenly Father, You see each of us in our struggles and suffering. Only You can provide the rest we desperately need. Help us focus on who You are and trust You daily. You are good and Your love endures forever. Thank You. Amen.

#### QUESTIONS FOR REFLECTION

- What aspects of chronic illness or pain make you weary?
- Where do you find yourself on a scale of 1-10, with one as exhausted and ten as energized?
- What would “soul rest” look like for you?

#### INVITATION

Explore Chronic Joy's printable resource, Self-Care for Your Soul, which focuses on biblical descriptions of God's character along with helpful ideas for experiencing His rest. It is a wonderful gift to discover and to share!