

**By: Welby O'Brien Bayer**

I call it “*the swirlies.*” *Newsweek* calls it “iCrazy.” And it only got crazier when I joined Facebook! Over 400 friends notifying me (complete with photos) of what they had for lunch, and should I or should I not “like” them? Too much. Too fast. Not enough time. Exhausted.

So just where and how does the desperately appealing concept of rest come in? We cannot command our lives to come to a screeching halt, nor can we just take off for a leisurely one year Caribbean cruise. My counselor has reminded me that the secret lies not in getting everything done, but in “managing the too-muchness.” Can’t I just make the stress and chaos go away for a little while? Long enough to rest a bit, and come up for air?

Jesus knew all about the swirlies way back 2,000 years ago. He invited anyone to come to Him, and He promised to give us rest (Matthew 11:28). He also told us many times that this life, this world, is not our real ultimate rest. That awaits us in our new home on the new earth (*aka* heaven). But for now, just how do we come to Him for that rest we so desperately crave?

One thing I am learning is the value of the Sabbath. Whether or not you observe Saturdays as God commanded Israel, at least set aside a day to not work. To really rest. Mentally and physically. For me that includes turning off my computer and cell phone. And all the friends on Facebook will have to manage without me for a day or two. It is also my goal to use that time to focus more clearly on the Lord and what is really important. I have noticed that my cortisol levels have dropped (yay!), I feel so much calmer, and even have better energy the next day. Maybe God is on to something. Hmm...

Another routine I am trying to incorporate is a little timeout during the day (for me it is 1:00 when I am at my swirly peak) to sit alone for a few minutes with the Lord. Push the mute button on all the demanding voices, including those inside my head. Read a few verses, and just pause. Reflect. *Come to Him*. Be in His presence. Lean on His everlasting arms. Breathe. Rest.

As believers, coming to Jesus is a privilege we can enjoy at any moment, day or night. He loves it when we come to Him. And it is good for every fiber of our weary beings. Our circumstances will always be crazy, but as we reach out to Jesus and come to Him, we can find calm in the center of the storm. True rest for our souls.

