

**Change Your Words, Change Your World!**  
**Are You Serious? Then Rest in Me!**  
**Episode #232**

Friday, November 21, 2025

#Jesus #Life #Faith #Blessing #Rest #Bible

In our fast-paced world, it's easy for our lives to become so busy that we never truly take the time necessary to be refreshed, refueled, and redirected by the Lord. The Holy Spirit, who serves as our comforter and advisor, is a gentleman—He will never force His way or make demands. Each of us is responsible for making the choice to rest and seek the LORD.

**Mark 6:31** tells us, “Then Jesus said, ‘Let’s go off by ourselves to a quiet place and rest awhile.’ He said this because there were so many people coming and going that Jesus and his apostles didn’t even have time to eat.”

Our world moves at such a rapid pace that if we do not intentionally separate ourselves from the noise, turn off our phones, and prioritize seeking the Kingdom of God first, we may find ourselves making poor decisions. Distractions can easily keep us off course and set us up for challenges that may dramatically impact our lives.

God calls each of us to separate ourselves from corruption and avoid the pollution of the world. He is deeply invested in His relationship with us, longing to share profound mysteries with His children.

**Exodus 34:14**, “You must worship no other gods, for the Lord, whose very name is Jealous, is a God who is jealous about his relationship with you.”

**2 Corinthians 6:17** in The Message Bible says, “So leave the corruption and compromise; leave it for good,” says God. “Don’t link up with those who will pollute you. I want you all for myself.”

Turn off the phone and run to the throne. Call to the LORD and he will hear you  
**Jeremiah 33:3** call to ME and I will hear you and answer you and tell you of great  
and mighty things you do not know.

Blessing Prayer

**Numbers 6:23-26** offers a blessing and prayer: “The LORD bless you and keep you.  
The LORD make His face to shine upon you. The LORD lift up His countenance on  
you and give you peace.” May this prayer be a reminder of God’s desire to bless,  
protect, and give us peace as we choose to rest in Him.