

## Monday Morning Meditation: Isaiah 30:15



My cool fingers slid across the blazing cheeks of my oldest babe while his eyes fluttered sick and sleepy.

It's not like him to skip lunch...or dinner. But then again, this flu bug has been spreading its little insect wings and hatching babies all over our house.

*"Can I get you anything?"* I ask, hopeful that he'll give some sign of resurrection.

*"No."* He says, languishing. *"I'm just so tired. I want to rest."*

### **Rest. Salvation.**

With illness wrapping hot paws around our home, rest has not just been a nice respite or a

welcome break from our chores.

Rest has been necessary.

Sitting in stillness and choosing silence has been medicine.

And yet, when limbs aren't sore and temples not throbbing, how often do we push back against these things, convinced that busy lives and checked-off-lists will bring gain?

## **Egypt is Not The Answer**

In this passage from Isaiah, God warns his people that their plans for military might would not save them; their conjured-up solutions would not be the answer they sought. In essence, Isaiah spends these verses (and those that follow) reminding them to simply breathe. Rest. And trust.

"Woe to those who go down to Egypt for help, who rely on horses, who trust in the multitude of their chariots and in the great strength of their horsemen, but do not look to the Holy One of Israel or seek help from the Lord." Isaiah 31:1.

It occurs to me that I have my own Egypt and my own chariots -- things I return to and lean on for strength. Things that, even without my knowing, have stolen the affection meant only for Him.

It seems I have my own clever ways of trying to orchestrate victories and assemble horsemen. Were I to line them up like plastic soldiers, each would have a name: *friendships, career, financial goals, the approval of others.*

They are things that cause me to fret.

They are things that cause me to chase the wind.

This Monday and every day, I must work to *not* return to Egypt in the futile attempt to puppeteer my days. Because today God reminds me to stop with the chasing and to be done fretting.

Instead, he invites me to lay my feverish humanity before him and simply...*trust.*

\*\*\*



**If you are joining us today and would like to participate in our link-up, we'd be honored to have your voice in the conversation! Simply:**

1. Write a post on your own blog that incorporates a story or your thoughts about this verse and its application in your own life. **-OR-**
2. Enlighten us with your theological take on the verse. **-OR-**
3. Post a photo that captures the essence of this verse.
4. Leave a comment with the same if you don't have a blog to link up!

THEN...

Follow the linky button below to "link up"! **Once you've linked up you *must* visit the person ahead of you in the list! Let's be encouragers!**