

# All by Myself by Mary Kane

Is my lack of rest really a lack of trust?



Peace. Quiet. Solitude. Everybody needs a little time by themselves. Jesus calls us to **rest in Him**. For me being able to rest in God is not really a matter of reducing over commitment, or busyness. I guard my schedule carefully and plan regular periods of alone time with God. Rather, the Spirit showed me that resting is an issue of **trust**. I thought this concept over in light of my current battle with unrest, and I knew God was right. I need to trust God with the next step in my walk with Him. When I trust God with my past, my present and my future, then I am able to rest by myself in His Holy Presence.

To do the Bible study, please click on the link :

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