

**Our Devotion:** “Rest in Him” by Lindsey Metzger of Indianapolis, Indiana, a professional writing student at Taylor University in Upland, Indiana.

“Humble yourselves, therefore, under the mighty hand of God, so that He may exalt you at the proper time, casting all your cares on Him, because He cares about you.” 1 Peter 5:7 (HCSB)

I don't know about you, but trying to find time to read my Bible on a daily basis is a struggle. It's not that I don't enjoy it or don't want to learn more about God; I just don't think I have time.

I'm a college student, so I always have homework due. I'm also trying to write the first draft of a new manuscript, the second draft of another, and edit the book proposal and first three chapters of a third. Plus, spending time with friends and calling my family leaves very little down time to chill in between all the craziness my responsibilities bring. It's a wonder I haven't exploded yet.

My professional writing professor leads her classes in a devotion before getting into our work for the period, and she's been focusing a lot on resting in God. At first, I didn't think that would be possible, especially with everything I mentioned above. I've been thinking: taking time in the mornings to read my Bible, whether a verse or a chapter, and spending time with my Creator has helped me in the past. In fact, it's always been a great start to my day. I feel more at peace taking time to read, pray, and meditate in God. Why not do it now?

This week, I challenge you to encounter God through quiet time. Go to Him. Rest in Him. Lay your concerns and cares on the Creator of the universe. He's in control, and nothing is too big for Him to handle.

Prayer: Father, I'm casting my cares onto you. Teach me to trust You in everything, and grant me peace over things I can't control. Amen.