



## 30 Meditations on Rest

*Marilyn Hickey*

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“This book of the law shall not depart out of your mouth; but you shall meditate therein day and night, that you may observe to do according to all that is written therein: for then you shall make your way prosperous, and then you shall have good success.” Joshua 1:8. "When Christians hear the word meditate, they frequently associate it with being a difficult and time-consuming task. But it does not need to be drudgery. Rather, I have discovered that it adds a refreshing quality to my study of God's Word. It is my desire for you to experience the life transformation that will take place as you apply these principles to your own life."

Marilyn Hickey. Marilyn Hickey knows firsthand how mediating on God's Word can change lives. Now, she presents a series of books featuring 30 biblical meditations on important topics in life. Each book teaches the benefits of meditating on God's Word, and includes convenient tear-away Scripture cards to help readers maintain their focus throughout their busy lives. 30 Mediations on Rest. God did not intend for us to operate under conditions of stress. In fact, when Jesus took on the curse of our sin, He also took on the curse of stress that we might receive His rest. Don't believe the lie that everything in life depends on you. You are not a machine. Rest begins in our minds as we rest in His love and in His Word.

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