

# Real Rest

The Food for thought post series contains 2 sections - Food for thought and food for body. Food for body (recipe) section can be found towards the end of this post.

## Food for thought | Real Rest

Don't we all need rest - Rest for body and the soul? Sometimes whatever we have, good family, skills which make us feel good about ourselves, appreciated by others, money, possessions... still is there some restlessness within ourselves? **Some sort of discontentment** even if we are much fortunate and prosperous than many others in the world? Something innermost which money and relationships alone cannot satisfy? That **inner restlessness** and lacking something which doesn't seem to be satisfied by nothing in this world.

God has created us with a longing within us to seek after Him. Whatever the world offers cannot satisfy that inner restlessness.

Only **Jesus** can.

<sup>28</sup> Come unto me, all ye that labour and are heavy laden, and **I will give you rest.**

<sup>29</sup> Take my yoke upon you, and learn of me; for I am meek and lowly in heart: and **ye shall find rest unto your souls.**

<sup>30</sup> For my yoke is easy, and my burden is light.

<sup>27</sup> Peace I leave with you, **my peace I give unto you: not as the world giveth,** give I unto you. **Let not your heart be troubled, neither let it be afraid.**

## Food for body | Berries and Hibiscus tea

I purchased this fruits blend loose leaf tea. The ingredients are listed below.

Red summer berries

Rosehips

Hibiscus

Dried bramley apple pieces

Add 1 teaspoon of this mix and brew for 3-4 minutes.

