

*“In repentance and rest is your salvation,
in quietness and trust is your strength,
but you would have none of it.*

Isaiah 30:15

*In repentance and rest is your salvation...
Repentance: turning back, returning to...
Rest: motion of coming down --results in a settled state
quiet composure, gentle calm*

*“Come to me, all you who are weary and burdened, **and I will give you rest.** Take my yoke upon you and learn from me, **for I am gentle and humble in heart, and you will find rest for your souls.** For my yoke is easy and my burden is light.”*

Matthew 11:28-30

*...in quietness and trust is your strength...
Quietness: to be at rest, undisturbed, tranquil
Trust: security, confidence, reliance*

*but you would have none of it.
You said, ‘No, we will flee on horses.’*

*Yet the Lord longs to be gracious to you;
therefore he will rise up to show you compassion.
For the Lord is a God of justice.
Blessed are all who wait for him!*

Isaiah 30:18