



Finding Rest and Hope

In a recent episode of *Encounter with God Together*, my guest, Whitney Kuniholm—President Emeritus of Scripture Union—shared two simple yet potentially profound ideas that can be game changers for our spiritual formation.

The first is to take a personal retreat. Get away with your Bible and a journal. Read. Reflect. Pray. Block out a couple of hours—or more—and just be with God. Stay a night or two, if possible, and repeat the pattern. I know I need that kind of time and space, yet I rarely make the effort to carve it out.

The second idea has stayed with me over the week. Whitney suggested looking at your life through the lens of decades. Journal the key themes from each season—times of change, challenge, and growth—and trace the threads of how God has been shaping and preparing you along the way.

When I do that, I see so many transitions. There have been seasons of instability and new independence, first loves and lost loves, job changes, the joy of having children, the sorrow of losing parents. And right now, I find myself—and our Scripture Union team—in the middle of a huge transition. Unexpectedly, we were given short notice to vacate the office space we've leased for nearly two decades. But even in the uncertainty, we've seen God's hand. He has provided a remarkable new place for us. An opportunity for a new beginning, full of new opportunities. I believe this will be another season for us to one day look back on with gratitude for what God has done.

Today, I came across a small card tucked away in a drawer. It was tied to a gift bag I received years ago at a retreat center—a place where God met me in a powerful way. The verse on it reads: "Yes, my soul, find rest in God; my hope comes from him." (Psalm 62:5)

As you reflect on the seasons of your life, may you, too, trace God's faithful hand—and may your soul find rest and hope for the journey ahead.

By Gail A. Martin

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