

# Rest

TobyMac

I woke up to this  
"God's a safe house for the battered  
A sanctuary during bad times  
The moment you arrive, you relax  
You're never sorry, you knocked."

Rest, take a breath  
Push aside the noise and feel the air inside your chest  
Blessed, my child, you're blessed  
Fall into the arms of God and rest your weary head  
Just rest  
Rest

I went to sleep to this  
"God keeps in perfect peace  
Those whose mind is stayed on Him."

Rest, take a breath  
Push aside the noise and feel the air inside your chest  
Blessed, my child, you're blessed  
Fall into the arms of God and rest your weary head  
Just rest  
Rest

Fall into the arms of God and rest your weary head  
Just rest

I said to myself, "Relax and rest  
Soul, you've been rescued from death  
Eye, you've been rescued from tears  
Relax and rest."