

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."