At Ease

The term at ease means; free from worry, awkwardness, or problems; relaxed (Google AI). In the military, "at ease" is a command that allows soldiers to relax from the "attention" position, but they must remain silent and stationary. While in this relaxed, but still disciplined, posture, soldiers can move their heads, relax their arms, and clasp their hands behind their back (Google AI). The military definition offered helps us understand that even though the troops are "at ease," they continue to recognize who they are within the service branch they serve. Otherwise stated, the troops understand someone else is in control and they submit.

Similarly, we as Christians understand that we serve troops in the army of our Lord. Paul declares, "You therefore must endure hardship as a good soldier of Jesus Christ. No one engaged in warfare entangles himself with the affairs of this life, that he may please him who enlisted him as a soldier" (2 Timothy 2:3-4). True Christians know that someone else is in control of our lives, that someone of course is God. Thus, we submit. That submission proves us with comfort and peace, an "at ease" feeling that only God can provide.

As a submissive servant, God's presence is a constant comfort and ease in our life. David writes, "Where can I go from Your Spirit? Or where can I flee from Your presence" (Psalm 139:7). No matter where we may find ourselves as submissive Christians, God is there. David continues, "Even there Your hand shall lead me, and Your right hand shall hold me" (Psalm 139:10).

The awesome knowledge of God is also a source of great comfort and ease. David says, "O, Lord, You have searched me and know me. You know my sitting down

and my rising up; You understand my though afar off. You comprehend my path and my lying down, and are acquainted with all my ways" (Psalm 139:1-3). When life hits us with the hardest curve ball, God is there to provide comfort, ease, and peace that passes all understanding (Philippians 4:7).

God's awesome ability as our Creator and sustainer is source of comfort and ease as well. David proclaims, "For You formed my inward parts; You covered me in my mother's womb. I will praise You, for I am fearfully and wonderfully made; Marvelous are Your works, and that my soul knows very well" (Psalm 139:13-14). Our God is indeed and Awesome God. There is nothing that He cannot do. Paul States, "Now to Him who is able to do exceeding abundantly above all that we ask or think, according to the power that works in us, to Him be glory in the church by Christ Jesus to all generations, forever and ever" (Ephesians 3:20-21).

God’s word provides comfort and ease (Romans15:4). His promises supply us comfort and ease (1 Thessalonians 4:13-18). Our Brethren give us comfort and ease (1 Thessalonians 5:14). Let us determine to stand "at ease" in the comfort made possible by our God.