

# Finding rest, providing rest...

[truthhimself.blogspot.com/2018/08/finding-rest-providing-rest.html](http://truthhimself.blogspot.com/2018/08/finding-rest-providing-rest.html)

**Find rest, O my soul, in God alone; my hope comes from him. ...  
Trust in him at all times, O People; pour out your hearts to him,  
for God is our refuge. - Psalm 62:5,8**



**"We find rest in those we love,  
and we provide a resting place  
for those who love us."**

## ***St Bernard of Clairvaux***

**France ~ 1090 -1153**

**Cistercian Abbot**

**Founded 40+ monasteries in lifetime**

**Eloquent preacher**

**Mellifluous ("full of honey") Doctor of the Church**

**Feast Day – August 20**

**"There are those who seek knowledge for the sake of knowledge - That is curiosity.  
There are those who seek knowledge to be known by others -That is vanity.  
There are those who seek knowledge in order to serve - That is love." - St Bernard**

**[Click here: St. Bernard of Clairvaux - YouTube \(2 mins\)](#)**

**[Click here: St. Bernard of Clairvaux: Medieval Psychologist](#)  
- Crisis Magazine**

**Some of St. Bernard's writings can be downloaded [here](#).**



**St Bernard of Clairvaux, pray for us!**