



REST: grace, worship, renewal, routine

We are _____

Exodus 20:8-11 *Remember the Sabbath day by keeping it holy. Six days you shall labor and do all your work, but the seventh day is a sabbath to the Lord your God. On it you shall not do any work, neither you, nor your son or daughter, nor your male or female servant, nor your animals, nor any foreigner residing in your towns. For in six days the Lord made the heavens and the earth, the sea, and all that is in them, but he rested on the seventh day. Therefore the Lord blessed the Sabbath day and made it holy.*

We are _____

Deuteronomy 5:12-15 *Observe the Sabbath day by keeping it holy, as the Lord your God has commanded you. Six days you shall labor and do all your work, but the seventh day is a sabbath to the Lord your God. On it you shall not do any work, neither you, nor your son or daughter, nor your male or female servant, nor your ox, your donkey or any of your animals, nor any foreigner residing in your towns, so that your male and female servants may rest, as you do. Remember that you were slaves in Egypt and that the Lord your God brought you out of there with a mighty hand and an outstretched arm. Therefore the Lord your God has commanded you to observe the Sabbath day.*

Matthew 11:28 *Come to me, all you who are weary and burdened, and I will give you rest.*

We are the _____

Hebrews 4:9-10 *There remains, then, a Sabbath-rest for the people of God; for anyone who enters God's rest also rests from their works, just as God did from his.*

REST: _____

Discuss

What has been your understanding and experience of Sabbath or the Lord's Day?

Have you seen it as a burden or a gift?

How do these verses impact your thinking about rest?



Declare God's _____ & _____

Psalm 62:5-8 *Find rest, O my soul, in God alone; my hope comes from him. He alone is my rock and my salvation, he is my fortress, I will not be shaken. May salvation and my honor depend on God; he is my mighty rock, my refuge. Trust in him at all times, O people; pour out your hearts to him, for God is our refuge.*

REST: _____

Discuss

In what ways do you struggle to rest?

Where is God calling you to trust His sovereignty & goodness?

What are some ways we can encourage one another or help one another to rest as an act of worship?

S _____, Emotional, P _____, Mental

Psalm 23:1-2 *The Lord is my shepherd, I shall not want. He makes me lie down in green pastures, he leads me beside quiet waters, he restores my soul.*

Isaiah 57:15 *For this is what the high and exalted One says—he who lives forever, whose name is holy: “I live in a high and holy place, but also with the one who is contrite and lowly in spirit, to revive the spirit of the lowly and to revive the heart of the contrite.*

Psalm 19:7-8 *The law of the Lord is perfect, refreshing the soul. The statutes of the Lord are trustworthy, making wise the simple. The precepts of the Lord are right, giving joy to the heart. The commands of the Lord are radiant, giving light to the eyes.*

1 Corinthians 16:17-18 *I was glad when Stephanas, Fortunatus and Achaicus arrived, because they have supplied what was lacking from you. For they refreshed my spirit and yours also. Such men deserve recognition.*



REST: _____

Discuss

Describe a time when you experienced renewal.

Look at Ideas for Rest. What sounds refreshing to you?

Ideas for Rest

Sleep / nap

Walk in nature

Express thanks to God

Foster friendships

Meditate on Scripture

Play a game

Journal

Acts of mercy, love, goodness

Garden

Listen to music / sing

Fun outings with the family

Take a break from social media

Repent

Boating / swimming / sit in the sunshine

Enjoy a hobby

Read a book

Watch a sunrise / sunset

Forgive

Symphony or theater

Reflect

Play with children / pets

Bird watching

Sit quietly in God presence

Turn off the phone

Meditate on the attributes of God

Express your love to others

A meal with friends

Anticipate heaven



We want you to _____

Daily

S _____

Devotion Days

S _____

IFI policy manual for more info

<https://www.christianitytoday.com/edstetzer/2014/march/free-or-discounted-getaways-for-pastors.html>

REST: _____

Discuss

What are your routines for rest? What has helped you to maintain these routines?
When have you changed your routine because of a special season in life or ministry?
Which rest routine would you like to embrace this year?

Application

Most important point for me

Ideas I'd like to try

Rest routine for the coming year