



fellowship*

REST

A DEVOTIONAL GUIDE

So God blessed the seventh day and made it holy, because on it God rested from all his work that he had done in creation.

Genesis 2:3

WEEK 1: RESTING IN... NOT FROM.

Begin this week with prayer:

Father, thank you for today. Thank you that you have given us the blessing of rest. Lord, we know that we can do nothing without you. But in the face of fear we are tempted to try to do things on our own. So Lord we pray that when we are facing fears that you would help us! When we are afraid to take a day off, or afraid that the job won't get done, or afraid of the judgement that might come from others, I ask that you would help us to rest in you. Thank you, that you hold all things in your hand! Jesus, we love you, and we pray these things in your name. Amen.

Text: 2 Corinthians 12:9-10, Ephesians 3:14-21

Truth about REST: Rest gives us the space to **contemplate** who God is, and to **delight** in who we are to Him.

CHANGE THE PACE: What needs to **STOP** so that you can **START** taking a sabbath?

Think about your daily life for a moment. Can you identify what action steps you would need to take in order to set aside a 24 hour period for you to truly REST IN the Lord?

ACTION ITEMS:

1. **Carve out space:** Contemplate God's goodness and delight in His love.
2. **Think about it:** Let the TRUTH shine its light on our struggle.

2 Corinthians 12:9-10

If the strength of the Lord shows up in my weakness, where am I working to overcome weakness on my own? Where am I trying to keep my weakness hidden?

Ephesians 3:14-21

Paul's letter to the Ephesians says that it is through the Holy Spirit alone that I can experience and understand the greatness of God's love for me. Why do I keep trying to earn and grasp God's love on my own? What are some of the ways that I do this?

CREATE A PLACE: Seek outlets that nurture and nourish your heart, body, and soul.

JOURNAL: WHAT DOES REST REALLY LOOK LIKE?

Identify activities that are not work (as in labor or performance), but instead something that refreshes you with new life and something that provokes creativity or rekindles your joy. Intentionally schedule two of these activities for next week's sabbath.

Something that refreshes me with new life:

Something that provokes creativity or rekindles joy:

Prayer: An open conversation with God

Take some time alone with the Lord to just share your thoughts with Him. Ask Him to help you rest in Him and trust Him with your sabbath day.

WEEK 2: REST IN: PROVISION

Begin this week with prayer:

Dear Lord God, please help me to know you more fully and trust you more. I know that with me in charge of my life, I am bound to miss the mark. Please take complete charge of my life.....I gladly and joyfully pray for you to take control as I give it up. By the grace and mercy of Christ Jesus our Lord, Messiah and soon coming King. Amen.

Text: Exodus 16:16-30 & Luke 12:22-32

Truth about REST: *I can rest because God will provide.*

Think about it: *Let the TRUTH shine its light on our struggle.*

Read the passages, then take some time to reflect and journal your answers.

Exodus 16:16-30

How am I like the people of Israel? Where am I doubting God's provision and portion in my life?

Luke 12:22-32

How am I like the disciples? Where do I 'low-ball' my value to God or believe that other people/things are more important to Him than me?

JOURNAL: REWRITE THE STORY YOU'RE TELLING YOURSELF

1. What am I afraid will happen if I rest?
2. As I reflect on the passages I've read, what feelings am I experiencing?
3. What story have I been telling myself?
4. What story does the Gospel tell me instead?
5. How do I need to live this out that is opposite to what I may be tempted to do?

Prayer: An open conversation with God

Take some time alone with the Lord to just share your thoughts with Him. Ask Him to fill you with the story that HE is writing in your life, and to help you when you are tempted to tell yourself a different one.

WEEK 3: REST IN: SUFFICIENCY

Begin this week with prayer:

Father, allow me to see You work in my life today. Rest is experienced in Your presence. Help me see You work in my life today. I've been too active and unaware of Your presence recently. Allow me to see You work in my life and then to realize that I can rest. I don't have to strive and struggle. Allow me to trust You today for peace, power, and provision. As I see You take care of my needs, I can rest. Let me see you work in my life today in this area _____. In the name of Jesus, Amen.

Text: *Colossians 1:15-20*

Truth about REST: *I can rest because Christ is enough.*

Think about it: *Let the TRUTH shine its light on our struggle.*

Read the passage, then take some time to reflect and journal your answers.

Colossians 1:15-20

When you think about the lies we believe, what does this passage say about our struggle to BE MORE to win God's sufficient care?

When you think about the standards we try to keep, what does this passage say about our attempts to DO MORE so we can get God's approval and acceptance?

JOURNAL: THE STRUGGLE IS REAL.

1. What are some of the excuses I have made for why God would not come to MY rescue? What elements of my story do I think God finds too disgusting or too messed up to help me deal with? (This is just between you and God, don't be afraid to pour out your heart to Him).

2. What are the things that I feel I HAVE to do if there is any chance that God is going to let me "off the hook" for the stuff listed above. (Again, don't be afraid to lay it all out.)

Prayer: An open conversation with God

Take some time alone with the Lord to just share your thoughts with Him. Ask Him to embolden you with the confidence that Christ truly IS enough, and to fill you with His grace and peace as you surrender the struggles listed above.

WEEK 4: REST IN: BELONGING

Begin this week with prayer:

Resting is hard. I feel like resting is more about trusting. Trusting you'll help us get all the things done that we need to. Trusting that You will provide all that we need because you love us and not because we keep pushing too hard. You enjoy us taking moments to slow down and rest...enjoying the life You have given us. Lord, please help us to find freedom in rest. Thank You for loving and caring for us so deeply. Amen.

Text: *Ephesians 1:3-10 & 1 John 3: 1-3*

Truth about REST: *I can rest because I am chosen and loved by God.*

Think about it: *Let the TRUTH shine its light on our struggle.*

Read the passages, then take some time to reflect and journal your answers.

Ephesians 1:3-10, 1 John 3:1-3

Consider for a moment the lengths God went through just to 'adopt' you as a son/ daughter. How many opportunities did He have to change His mind, or how many times could He have reevaluated whether or not you were worth what it was going to cost Him?

Jesus went through all of that for you when you were at your worst. And He still thought you were worth it. How does that give you a better idea of the worth God sees in you?

Can you hear the celebratory tone in these verses? God is going all #ProudDad and #DadBrag on you! The one who paid the price is excited that you are His... not holding the cost over your head to make you feel ashamed or embarrassed. Do this; read the verses again and take note of the high language that God spent on this decree of adoption for you. Rewrite what they say in your own words below. Make it personal by adding your name. Then read it aloud, declaring its truth to yourself.

JOURNAL: WHO WE ARE, IN GOD'S EYES

1. Regardless of the health level of the family we grew up in, we all have some family baggage that affects our view of God as our Heavenly Father. What is the hardest obstacle to overcome so you can see God as a loving, caring, good, always present, and all-powerful Heavenly Father?

2. What's the hardest obstacle to get over to see yourself as a son/daughter of God who is forgiven, accepted, cherished, desired, and loved?

Prayer: An open conversation with God

Take some time alone with the Lord to just share your thoughts with Him. Ask Him to overwhelm you with your identity as His son/daughter. Consider writing out these verses and posting them somewhere visible for yourself this week, and rejoice as you rest in Him this sabbath.

WEEK 5: THE REST IS YET TO COME...

Begin this week with prayer:

Loving Father, I come to you in obedience to your Word. I come because you know me and love me more than anyone else. One by one, I cast every care on you, because you care. As best I am able, I want to share every thought with you. I want to step out of those activities that carry my mind and body out of the joy of your presence. I quiet my soul to hear you speak your peace to my body, soul and spirit. Thank you for your presence. Amen.

Text: *Hebrews 4:1-13*

Truth about REST: *I can rest because Heaven is coming!*

Think about it: *Let the TRUTH shine its light on our struggle.*

Read the passage, then take some time to reflect and journal your answers.

Hebrews 4:1-13

Sit still for a moment and think about what God's rest will feel like for you. What about that kind of rest do you find your heart longing for? What are you hoping to experience in that rest, and what are you hoping to not experience anymore once you've entered that kind of rest?

Hebrews 4:11a says "Let us therefore strive to enter that rest..." Rewrite that verse into a personal challenge message for yourself. Choose words that remind you of the hope, confident expectation, and that God's Rest is coming.

JOURNAL: OUR ULTIMATE HOPE

1. Think back to a memory of when you wanted time to stop ticking forward; one you wish would have lasted forever. Everything in that moment was perfect. The mood was thick, full, and satisfying. The scenery was awe-inspiring and soothing at the same time. The company was wonderful. The music was almost magical. The food or the drink was more than delicious, it was soothing to the soul. And in that place, you would have been happy if life stood still forever. Describe that moment in detail below.

2. The feeling you are experiencing as you revisit that memory is Hope. The longing for a time and space where your whole world is at peace, when everything stops moving and you feel the freedom to be still. That stillness is what the Bible calls the "Rest of God", and it is what humans were created to look forward to experiencing. The longing of our hearts is for God to ultimately invite us into that Rest. What was it about that moment that made it so perfect? When you close your eyes and go back to that memory, what feelings come back?

Prayer: An open conversation with God

Take some time alone with the Lord to just share your thoughts with Him. Share with Him your longing for His ultimate Rest, as ask Him to rekindle the Hope that you have in Him for the Rest that is coming.

WEEK 6: REST IS... SHAREABLE!

Begin this week with prayer:

Jehovah Jireh, I thank you for your provision, help me to see You, not only in seasons of abundance but also in times of famine! Jehovah Rapha, heal me completely, quiet my mind, control my emotions, and mold my will. Jehovah Shammah, when I feel alone help me to see that you are there with me. Jehovah-Raah, guide my paths, lead me to still waters, restore my soul! Jehovah Shalom I pray that I would find rest in who You have made me to be, help me to stop striving and just rest in your presence. Jehovah Elohim, I long to know your peace. Prince of Peace, write your name on my heart. Let me rest assured in the sacrifice that you made upon the cross. Amen.

Text: Proverbs 11:23-25

Truth about REST: *Because my rest comes from God, I have plenty to share with others.*

Think about it: *Let the TRUTH shine its light on our struggle.*

Read the passage, then take some time to reflect and journal your answers.

Proverbs 11:23-25

Where has God uniquely positioned you to “share freely” with others and “bring enrichment” to their lives? List the specific resources (like time, energy, food, finances, etc.) that God has given you to bring rest into those situations.

Reflect on the last time you felt truly refreshed. What would it look like to be able to practically share refreshment with those around you?

JOURNAL: RESTING FREELY

1. As the holiday season approaches, list the ways where you can expect to find it difficult to rest emotionally, physically, relationally, and even financially. (Remember, God already knows what's on your list... writing it down is a way of setting your concern in front of Him).

2. Think about the impact goals that you would like to see happen in the lives of those around you as you share from a position of rest. Write them out as a prayer that God would use what you share to powerfully change lives for Him.

3. What is something you have learned about rest over the journey of the last few weeks, that is still going to be true in the weeks to come?

Prayer: An open conversation with God

Take some time alone with the Lord to just share your thoughts with Him. Ask Him to prepare your heart to be intentional about rest, even in the stress of the season, and let Him fill you with the desire to share His rest with those around you.

WEEK 7: REST IS... BLESSED!

Begin this week with prayer:

Dear Heavenly Father, thank you so much that You are peace. As Your child, I have You, I have peace in me. With You, with Your peace, I can rest. I will choose to still myself and still my mind to dwell on You. In stillness before You, I find contentment. In stillness before You, I find peace. In stillness before You, I find You. I understand and experience more of You. Your presence, oh God, is rest to me. Rest for my mind, rest for my bones, rest for all of me. I breathe in and breathe out in Your rest. Amen.

Text: Genesis 1:20-2:3

Truth about REST: *Rest produces life!*

Think about it: *Let the TRUTH shine its light on our struggle.*

Read the passage, then take some time to reflect and journal your answers.

Genesis 1:20-2:3

God pauses in the creation story to bless one last thing... the day of rest. In making this connection between creativity and rest, God gives a special blessing to actions and rhythms that produce greater fullness of life. In your rest journey this far, where have you experienced greater fullness of life because of your decision to pursue rest as a life rhythm?

Realizing that God did not rest from creation because He was tired, what does it say about us when we think we do not need to rest from our own work?

JOURNAL: INTENTIONAL REST BRINGS BLESSING

1. What is an area that would like God to bring "life" back into as you rest this week? What does it look like for you to find a point of rest (stopping) so that He can bring His blessing there?

2. How have you experienced an increased depth to your creativity because you have been more intentional about resting? (Remember, creativity can be an artistic expression but it can also be problem solving, physical refreshment, relational renewal, etc.)

Prayer: An open conversation with God

Take some time alone with the Lord to just share your thoughts with Him. Ask Him to fill you with greater fullness of life as you rest this week. Share with him the areas in which you desire to deepen your creativity through the blessing of resting.

WEEK 8: REST IS... HOLY!

Begin this week with prayer:

Jesus, we come to You for REST. At times this seems unthinkable... Your all-inclusive promise. Because it's not for "some of the time," but continually, in every circumstance. "Even when I walk through the darkest valley," even when I'm in the very presence of the enemy – sickness, financial ruin, personal betrayal... walking on a "treadmill" and getting absolutely nowhere... burned out by religion, effort, unmet expectations... You "set a table before me" and serve delectably satisfying food. You then pull up a chair and have a seat! In Your presence I am strengthened, re-created, and directed to the ancient path, the good way. And it's from here that I walk forward... having found my soul's rest. This is the place of grace, - of unforced rhythms, the holy washing with the water through the Word. Here, my yoke is an altar, my hiding place, my place of worship, my reset. For this Lord, I give You thanks! Amen.

Text: Genesis 2:3 & Exodus 20:8

Truth about REST: *God set rest apart for me to experience!*

Think about it: *Let the TRUTH shine its light on our struggle.*

Read the passage, then take some time to reflect and journal your answers.

Genesis 2:3 & Exodus 20:8

Holy means to set something apart from other things because of its significance. Things like the church, human life, giving, marriage and sex are so important and valuable that the Bible says God made them Holy, He set them apart. You know what else is set apart as Holy? Rest. What does it mean for you that the rest you are enjoying today is so valuable to God that He set it aside and called it Holy?

Think about that reality that God has called you to be in His presence right now, in your sabbath rest. What does it look like for you to be fully present and not miss the Holy significance of what He has planned for you?

JOURNAL: MAINTAINING THIS HOLY HABIT

1. Over the last 8 weeks you've discovered that rest is a good thing and established it as a habit to be continued. Write out your plan for keeping your rest plan going through the rest of this year.
2. Looking ahead, dream about some goals of what it could look like for you to rest in deeper and fuller ways next year. What could rest look like for you in 2022?

Prayer: An open conversation with God

Take some time alone with the Lord to just share your thoughts with Him as you reflect on all you've worked through the past eight weeks. To conclude, pray this prayer as you read it aloud.

Lord, thank You for helping me see that when I Change The Pace, Carve Out Space and Create A Place... You always Show Your Face. Thank you for meeting me in ways I wouldn't have thought possible...all from a position of rest. Please don't stop meeting me here, and help me to not stop coming back here either.

Holy Spirit, I am better for having spent regular times in Your presence. Please keep taking me deeper into my relationship with You as my resting in You gets deeper too. Allow this part of my life to serve as a model of what having a life-giving relationship with You looks like, so that others will see it and desire to pursue this with You too.

God, thank You for not giving up on Your Church and continuing Your patient pursuit of us. Turn our faces back to You. Help us to keep seeing ourselves through Your eyes. Keep setting us free from the chains of trying to become good enough and help us rest knowing that through Your love You have made us good.

Help me to rest in that simple truth more and more each day. Amen!

LISTEN TO THE REST PLAYLIST HERE:

SCAN QR CODE OR CLICK THE LINK BELOW



[spoti.fi/30HTfMx](https://open.spotify.com/playlist/30HTfMx)

PASTOR JEREMY'S READING LIST:
SCAN QR CODE OR CLICK THE LINK BELOW

The Rest of God by Mark Buchanan

The Ruthless Elimination of Hurry
by John Mark Comer

The Emotionally Healthy Leader
by Pete Scazzero (chapters 4 & 5)

Celebration of Discipline
by Richard Foster (chapters 2 - 5)

*24/6; A Prescription for a
Healthier, Happier Life*
by Matthew Sleeth M.D.



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