

# Rest/Relax

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taking a break from work and activity to slow down and relax; interlude, recharge, refresh, renew, restore

## **Weary & Burdened**

Jesus said, “Come to me, all of you who are weary and carry heavy burdens, and I will give you rest. Take my yoke upon you. Let me teach you, because I am humble and gentle at heart, and you will find rest for your souls.” (Matthew 11:28-29 NIV)

## **Good Shepherd (Psalm 23)**

Jesus’ Holy Spirit invites us to relax in God’s presence and receive rest for our souls and renewal for our spirits. King David knew where to go for rest. You don’t go somewhere; instead, you run to someone: our Good Shepherd. David knew warfare, both physical and spiritual. He flourished when he practiced true rest in God, and he failed miserably when he ran himself into the ground crusading or giving into temptation. David experienced Jesus’ calling into rest, and he received God’s blessings that prepared him for success facing dangerous battles and deadly enemies.

## **Discipleship & Prayer**

- Why is rest so evasive in our world today?
- What lies am I believing about relaxing and rest?
- What’s my next step to carve out more time for rest?
- Holy Spirit, thank you for the gift of your refreshment.