

Rest

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taking a break from family and work to refresh in the Holy Spirit's presence; soul restoration and renewal

Believe & Enter

Since God has left us the promise that we may enter his rest, let us be very careful so none of you will fail to enter. The Good News was preached to us just as it was to them. But the teaching they heard did not help them, because they heard it but did not accept it with faith. We who have believed are able to enter and have God's rest. (Hebrews 4:1-3 NCV)

Seeking Rest (Mark 6:30-46)

Jesus' Holy Spirit invites us to practice spiritual rest in his presence. Many disciples are led astray by well-intentioned leaders into a busy, zealous lifestyle. When someone says, "I know you're busy..." It's not a compliment. Jesus was never too busy to spend time with his Father. In fact, rest is the context for the feeding of the 5,000 men and their families, the miracle that convinced the crowds that Jesus as God's Messiah, where they tried to force him to become their new king (John 6:14-15). We need the Holy Spirit's help and wisdom to establish a daily culture of renewal.

Discipleship & Prayer

- What are some challenges to resting often with God?
- How can I carve out more time for rest in my week?
- Holy Spirit, teach me how to rest in this busy world.

Almighty Protector > Live under the protection of God Most High and stay in the shadow of God All-Powerful. Then you will say to the LORD, “You are my Fortress, my place of safety; you are my God, and I trust you.” The LORD will keep you safe from secret traps and deadly diseases. (Psalm 91:1-3 CEV)

Confidence & Courage > Jesus said, “Everything I’ve taught you is so that the peace which is in me will be in you and will give you great confidence as you rest in me. For in this unbelieving world you will experience trouble and sorrows, but you must be courageous, for I have conquered the world!” (John 16:33 TPT)

Finished Work > The heavens and the earth and all who live in them were completed. On the sixth day God completed all the work that he had done, and on the seventh day God rested from all the work that he had done. God blessed the seventh day and made it holy, because on it God rested from all the work of creation. (Genesis 2:1-3 CEB)

Gentle & Humble > Jesus said, “Come to me all of you who are tired from the heavy burden you have been forced to carry. I will give you rest. Accept my teaching. Learn from me. I am gentle and humble in spirit. And you will be able to get some rest. Yes, the teaching that I ask you to accept is easy. The load I give you to carry is light.” (Matthew 11:28-30 ERV)

Heart Guard > The Lord is coming again soon. Do not worry. Learn to pray about everything. Give thanks to God as you ask Him for what you need. The peace of God is much greater than the human mind can

understand. This peace will keep your hearts and minds through Christ Jesus. (Philippians 4:5-7 NLV)

Lifted Up > Adonai is gracious and righteous. Yes, our God is compassionate. Adonai protects the simple-hearted. When I was brought low, He saved me. Return to your rest, my soul, for Adonai has been good to you. For You delivered my soul from death, my eyes from tears, my feet from stumbling. (Psalm 116:5-8 TLV)

Perfect Peace > You will keep in perfect peace those whose minds are steadfast, because they trust in you. Trust in the LORD forever, for the LORD, the LORD himself, is the Rock Eternal. (Isaiah 26:3-4 NIV)

Prayer Getaways > After Jesus healed the man of leprosy, news about his miracles spread even farther. Massive crowds continually gathered to hear him speak and to be healed from their illnesses. But Jesus often slipped away from them and went into the wilderness to pray. (Luke 5:15-16 TPT)

Refreshing Rivers > Look, a righteous King is coming, with honest princes! He will shelter Israel from the storm and wind. He will refresh her as a river in the desert and as the cooling shadow of a mighty rock within a hot and weary land. Then at last the eyes of Israel will open wide to God; his people will listen to his voice. Even the hotheads among them will be full of sense and understanding, and those who stammer in uncertainty will speak out plainly. (Isaiah 32:1-4 TLB)

Sabbath Blessing > A Sabbath rest remains for God's people. For the person who has entered His rest has rested from his own works, just as God did from

His. Let us then make every effort to enter that rest, so that no one will fall into the same pattern of disobedience. (Hebrews 4:9-11 HCSB)

Safe Refuge > Rest in God alone, my soul, for my hope comes from Him. He alone is my rock and my salvation, my stronghold; I will not be shaken. My salvation and glory depend on God, my strong rock. My refuge is in God. Trust in Him at all times, you people; pour out your hearts before Him. God is our refuge. Selah. (Psalm 62:5-8 HCSB)

Soul Restoration > The LORD is my shepherd; I shall not want. He makes me lie down in green pastures; He leads me beside still waters. He restores my soul; He leads me in paths of righteousness for His name's sake. (Psalm 23:1-3 MEV)

Worry Free > If God doesn't build the house, the builders only build shacks. If God doesn't guard the city, the night watchman might as well nap. It's useless to rise early and go to bed late, and work your worried fingers to the bone. Don't you know he enjoys giving rest to those he loves? (Psalm 127:1-2 MSG)