



Rest

10/10/18

So often in a busy culture, rest is seen as a waste of time; it's unproductive. We could be making money, working towards our goals.

Why should I rest?

What comes with being tired and exhausted?

1. Apathetic
2. Less courageous
3. Less adventurous
4. Selfishness
5. Less spontaneous
6. What else?

What is rest?

How we replace rest? (And deal with exhaustion)

What is God's plan for rest?

- Genesis 2:1-3
God finished work on 7th day; God blessed the 7th day. (Showing us to “rest”)
- Mark 6:31
“...Come with me by yourselves to a quiet place and get some rest.”

Why is our rest so important to us?

Psalm 46:10

- Know God; Be still and let go.
- Release

Psalm 23

- “The Lord is my Shepherd....”
- Restore soul
- Relax

Genesis 2:3

- God blessed the 7th day of rest

The benefits of rest

1. Peace
2. Courage
3. Renew your spirit

Questions:

What tires you out? How does a lack of rest effect you spiritually? Relationally?

How do you normally handle exhaustion? Does it change your personality? Grumpier? Quitter? More selfish? Do you blame others?

When (what do you attribute it to), do you see others in your family exhausted, spouse, kids?

What advice do you give them?

When and how do you rest?

How does exhaustion affect you spiritually?

What are the benefits of relaxing?

What will you do to change?