

Rest: The Continuing Invitation; The Source of Care

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What is rest?

A Review: Your General Pace of Life over 2018

Where do you fall in the following continuums? Don't over analyze, go with a "gut" reaction.

Energized to Deeply Weary....

Energized
Renewed

"Good" tired
Appropriate Rhythm

"Dangerous" tired
Weary at a soul level

Under Fulfilled to Too Busy...

Life & Ministry
A bit slow

Balanced; Full
but not "busy," experience
recovery regularly

I am on the run
until I fall into bed

Communing Well Spiritually to Catch-as-Catch-Can.....

Consistently responding
to his abiding presence;
Adequate time to sit with him

Sporadic times
of communion

Prayer happen
when it happens;
Prayer is on the go

What catches your attention from your responses?

What is the difference between rest and comfort?

Is sacrificial service on behalf of others and living a life of rest mutually exclusive?

How much pressure is there in me to "make life happen;" to generate results; to just keep pressing on day after day?

How does rest relate to the impact I have on others as I tend to them?

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Three Well Known Passages: Isaiah 30:15-21, Jeremiah 6:6; Matthew 11:25-30

Isaiah 30:15-16, 18-21

- "...your eyes shall see your Teacher. And your ears shall hear a word behind you, saying, 'This is the way, walk in it...'"

Jeremiah 6:16

- "...the ancient paths, where the good way is..."

Matthew 11:25-30

- What are "these things" that Jesus is offering that are hidden from some and revealed to others?
- "Come to me"

Rest is Not:	Rest Is:
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≠	=
≠	=
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Three Passages on Rest:

Isaiah 30:15-16, 18-21

15 For thus said the Lord God, the Holy One of Israel,

*“In repentance and rest you shall be saved;
in quietness and in trust shall be your strength.”*

16 But you were unwilling, and you said, “No! We will flee upon horses....”

18 Therefore the Lord waits to be gracious to you, and therefore he exalts himself to show mercy to you. For the Lord is a God of justice; blessed are all those who wait for him.

19 For a people shall dwell in Zion, in Jerusalem; you shall weep no more. He will surely be gracious to you at the sound of your cry. As soon as he hears it, he answers you.

20 And though the Lord give you the bread of adversity and the water of affliction, yet your Teacher will not hide himself anymore, but your eyes shall see your Teacher.

21 And your ears shall hear a word behind you, saying, “This is the way, walk in it,” when you turn to the right or when you turn to the left.

Jeremiah 6:16

Thus says the Lord:

*“Stand by the roads, and look,
and ask for the ancient paths
where the good way is; and walk in it,
and find rest for your souls.*

But they said, ‘We will not walk in it.’”

Matthew 11:25-30

25 At that time Jesus declared, “I thank you, Father, Lord of heaven and earth, that you have hidden these things from the wise and understanding and revealed them to little children; 26 yes, Father, for such was your gracious will. 27 All things have been handed over to me by my Father, and no one knows the Son except the Father, and no one knows the Father except the Son and anyone to whom the Son chooses to reveal him. 28 Come to me, all who labor and are heavy laden, and I will give you rest. 29 Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls. 30 For my yoke is easy, and my burden is light.”

On the back of this sheet, write a prayer to the Father in response to his invitation to rest in Him: