



Verse of the Month

“If my people who are called by my name humble themselves, and pray and seek my face and turn from their wicked ways, then I will hear from heaven and will forgive their sin and heal their land.” (2 Chronicles 7:14, ESV)

Cross Training Perspective Questions

1. Are you a disciple of Jesus?
2. What makes you a follower of Jesus?

Questions for Reflection

1. What are you tired of?
2. On a scale of 1-10, how busy are you?
3. Too tired? Too busy? What do you need?

God & Rest

1. God establishes rest.

“And on the seventh day God finished his work that he had done, and he rested on the seventh day from all his work that he had done. 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 2:2-3, ESV)

2. God commands rest.

*“Remember the Sabbath day, to keep it holy.”
(Exodus 20:8, ESV)*

Why We Don't Rest

1. Being busy make us feel _____.
2. We don't think we have another _____.

Busyness vs Effectiveness

1. Jesus _____ rest.

*“The apostles returned to Jesus and told him all that they had done and taught. And he said to them, “Come away by yourselves to a desolate place and **rest a while.**” For many were coming and going, and they had no leisure even to eat. And **they went away** in the boat to a desolate place **by themselves.**” (Mark 6:30–32, ESV)*

“And after he had taken leave of them, he went up on the mountain to pray. And when evening came, the boat was out on the sea, and he was alone on the land.” (Mark 6:46–47, ESV)

*“And a great windstorm arose, and the waves were breaking into the boat, so that the boat was already filling. But **he was** in the stern, **asleep on the cushion.** And they woke him and said to him, “Teacher, do you not care that we are perishing?”” (Mark 4:37–38, ESV)*

“He said to them, “Why are you so afraid? Have you still no faith?”” (Mark 4:40, ESV)

2. Rest provides clarity. It helps me clarify if I should:

- | | |
|-------------|------------|
| a. Do _____ | c. D _____ |
| b. D _____ | d. D _____ |

3. Rest provides _____, attention, _____.

https://greatergood.berkeley.edu/article/item/how_resting_more_can_boost_your_productivity

The Lesson of the Vine & Branches

“I am the vine; you are the branches. Whoever abides in me and I in him, he it is that bears much fruit, for apart from me you can do nothing.” (John 15:5, ESV)

Rest is being _____.

“Every branch in me that does not bear fruit he takes away, and every branch that does bear fruit he prunes, that it may bear more fruit.” (John 15:2, ESV)

Rest is _____.

Question for Reflection

How do you build rest in your days, in your weeks, and in your seasons of life?

Final Thought

“To fulfill the word of the LORD by the mouth of Jeremiah, until the land had enjoyed its Sabbaths. All the days that it lay desolate it kept Sabbath, to fulfill seventy years.” (2 Chronicles 36:21, ESV)