

Simple (Summer Series) | August 25, 2019

Resting - Mike Vaters

Having a healthy, Christian rhythm of rest is more often easier said, than done. We get tied up in the words "busy" and "lazy." Or, we work to achieve a certain formula that equals rest. Rest, is a posture of the heart and soul. It realigns, recalibrates, and restores. Allow these thoughts to be a catalyst of thought and conversation of how you might 'rest well.'

1. To Rest is to Trust

- Jesus could rest knowing who was in control (Luke 8:22-25).
- Rest: To cease from activity (verb) vs. A freedom from activity (noun).
- Rest is a journey, not a destination.
- *"You must ruthlessly eliminate hurry from your life, for hurry is the great enemy of spiritual life in our world today."* - Dallas Willard
- At the crossroads of trusting God in our hearts and actively living it out, is where we find the ability to rest.

Discussion:

- *In your life, what are examples of simply 'ceasing from activity' and having 'a freedom from activity'?*
- *What does hurry look like for you? How much you ruthlessly eliminate hurry from your life?*

2. Come Aside and Rest for Awhile (Mark 6:30-32)

- Chronos - The quantity of time. Time on a clock and calendar. "What time is it?"
- Kairos - The quality of time. Opportunities and seasons with purpose. "What time is this for?"
- We can pass through a day without having it pass us by. Time is a gift rather than a possession.

- Genesis 2:3 God rested from creation. There was as much benefit from a day of rest as there was from a day of work.
- "To enjoy things as they are in themselves." - Tim Keller
- "Sabbath reminds us that God encourages us and invites us to stop" - Ken Shigematsu

3. *Recovering from an Unusual Attitude*

- *Considerations to keep a straight and level, controlled flight:*
 - Take a Sabbath rest*
 - *To Pray and relate with God*
 - *To Play and enjoy the fruits of your labour*
 - Conduct a life inventory (include a couple people close to you). Ask questions such as:*
 - *How is my work-life balance?*
 - *How do I find healthy rest?*
 - *How do I view time? (Hurried? or as an opportunity?)*
 - *In what areas do I trust in my ability over God's ability?*
 - Disrupt your week with moments of rest.*
 - *Where appropriate, create healthy barriers from regular work/production function.*

Further Resources:

'The Rest of God' - Mark Buchanan

'Soul Keeping' - John Ortberg

'God in my Everything' - Ken Shigematsu

'Every Good Endeavor' - Tim Keller

An invitation from Jesus:

"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. for my yoke is easy to bear, and the burden I give you is light."

MATTHEW 11:28-30