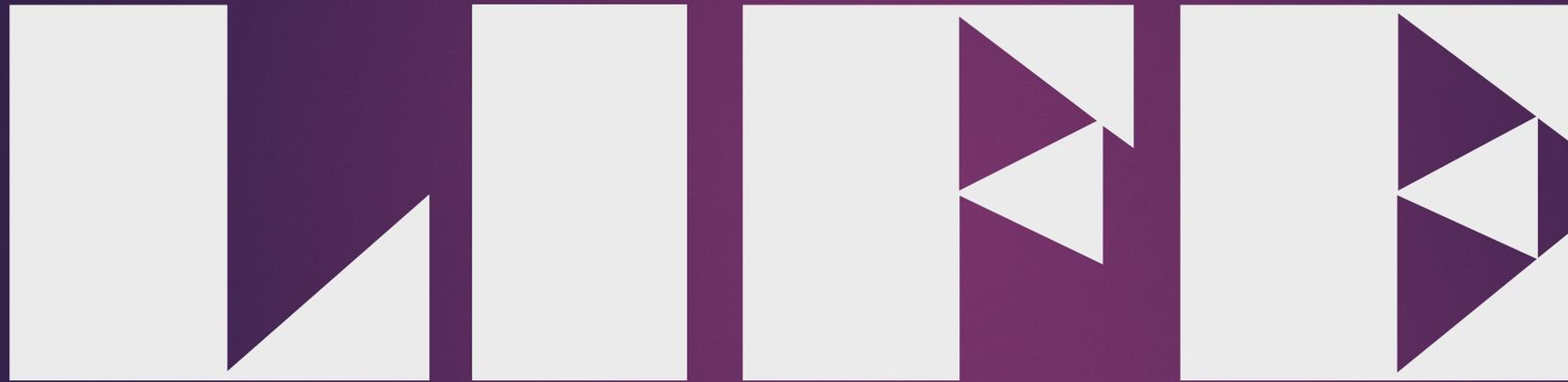


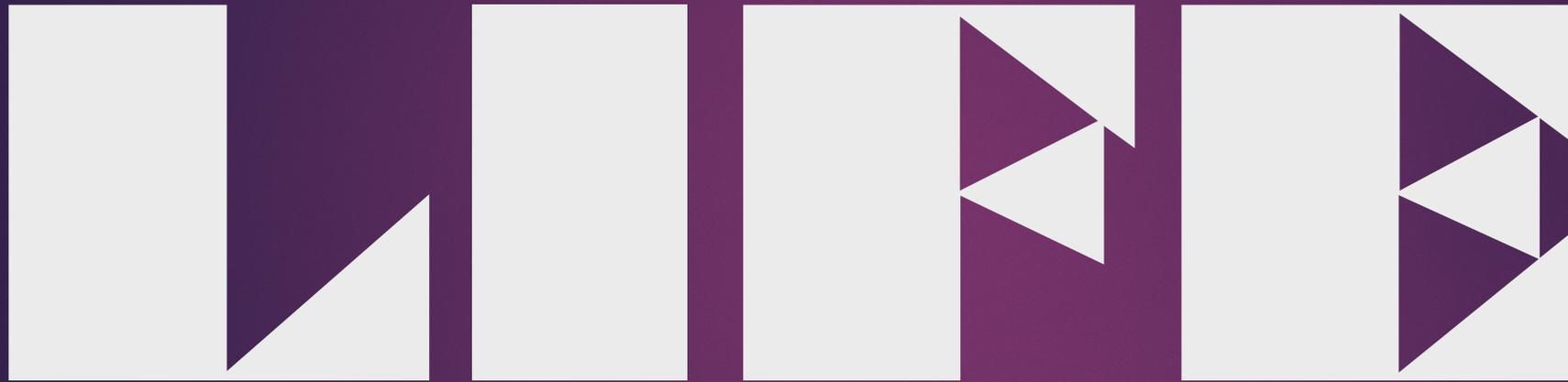
FOR A WHOLE HEALTHY



Drue Warner, Lead Pastor
drue@goodnewschurchga.com



FOR A WHOLE HEALTHY



Rest (Daily)



Rest (def):

*“In a world that glorifies busyness and normalizes never-ending productivity, God invites us to get off the treadmill of activity, and simply rest. **Rest is an act of resistance to the empires and kingdoms of this world and within our own lives.** Resting allows us to quiet ourselves before God and revives our minds, bodies, and spirits... and can be practiced in community or alone.” – Pepperdine University*

R.E.S.T.

Receiving **E**ncouragement **S**owing **T**rust

5 Rest Realities

1. Rest is difficult.
2. Rest is necessary.
3. Rest is required.
4. Rest is practical.
5. Rest is Jesus.

The Gospel of Rest

The gospel message is not about work in what we do for God. It's about resting in the work that Jesus did on our behalf.

Religion says, "Work!" Jesus says, "Rest."

Weekly Rest

We rest one day in seven because:

- 1) God told us to rest.*
- 2) We need to rest.*
- 3) Rest reminds us that God makes us holy.*

Daily Rest

“Spending time in the presence of God is the most important activity of your life. You need God’s presence in your life more than you need anything else.” - Nicky Gumbel

Psalms 27:4-5

*“One thing I ask from the Lord, this only do I seek: that I may **dwell** in the house of the Lord all the days of my life, to **gaze** on the beauty of the Lord and to **seek** him in his temple. For in the day of trouble he will keep me safe in his dwelling; he will hide me in the shelter of his sacred tent and set me high upon a rock.”*

Psalms 27:4-5

ME

Dwell

Gaze

Seek

GOD

Protect

Provide

Exalt

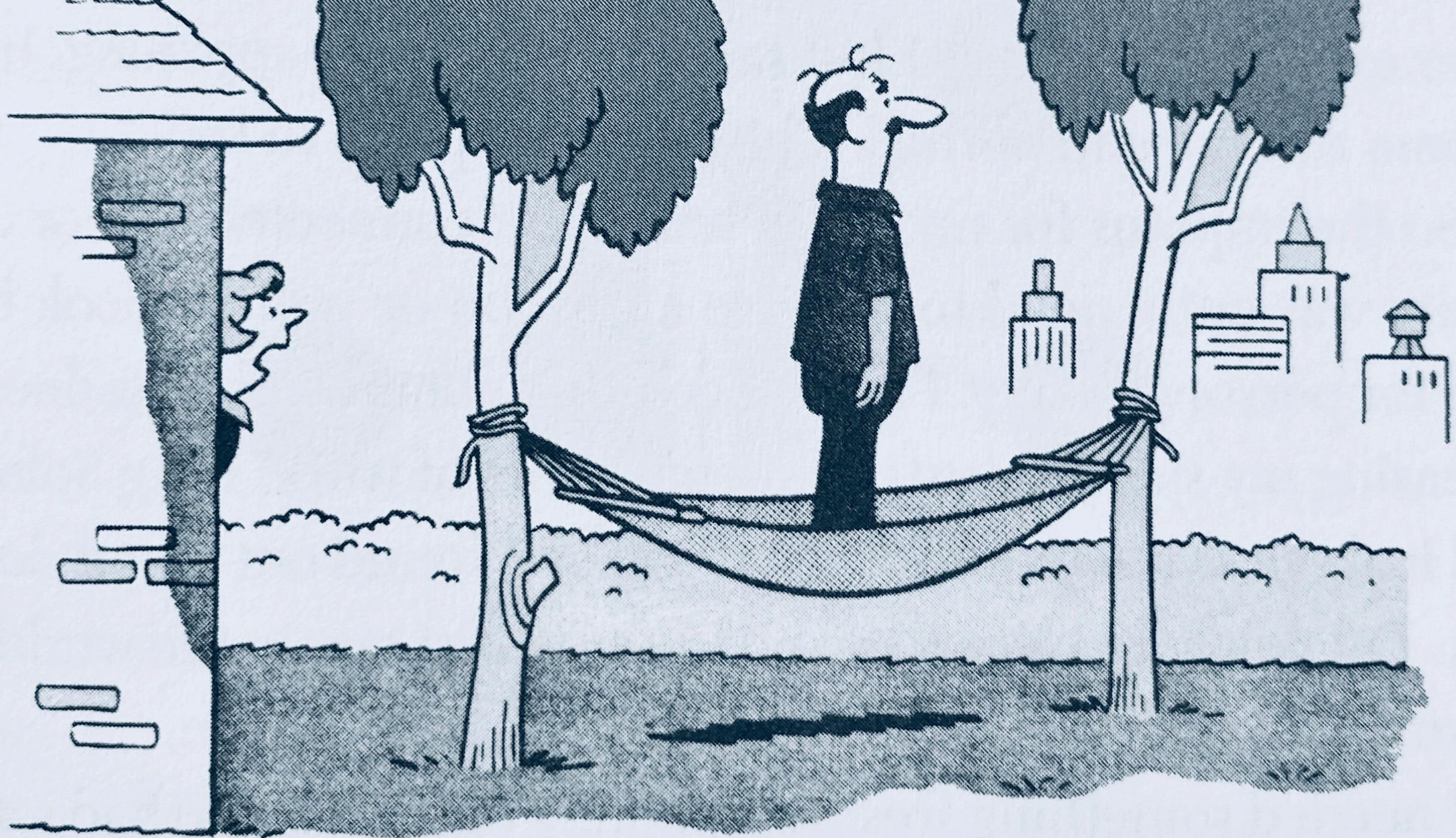
Isaiah 30:15a

This is what the Sovereign Lord, the Holy One of Israel, says: "In repentance and rest is your salvation, in quietness and trust is your strength."



Isaiah 30:15

This is what the Sovereign Lord, the Holy One of Israel, says: “In repentance and rest is your salvation, in quietness and trust is your strength, but you would have none of it.”



The Enemy of Hurry

“The enemy of hurry is always lurking, and is one of the greatest threats to relationships, with God and with people.”

Hurry leads to... worry.

The Enemy of Hurry

“The devil fights us more in the area of our spending time with God than he does in any other area of our Christian lives. In fact, Satan would much prefer that we get involved in all kinds of religious activity rather than spend time with the Lord.” - Joyce Meyer

The Friend of Stillness

“The friend of stillness combats hurry and strengthens relationships. There is nothing that calms our anxious hearts like spending quiet time with God, reading His Word (letting God talk to you), and prayer (you talking to God).”

Psalm 37:7

“Be still in the presence of the LORD, and wait patiently for Him to act.”

Psalm 46:10

“Be still and know that I am God.”

Psalm 23:1

“The LORD is my shepherd; I shall not want. He makes me lie down in green pastures; He leads me beside quiet waters. He restores my soul.”

Daily Rest

Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where he prayed. – Mark 1:35

A Quiet Time

- Prayer
- Bible reading
- Scripture meditation
- Sitting quietly
- Journaling
- Music

What does your
Quiet Time
look like?

Daily Rest

“Spiritual disciplines are God’s rendezvous points where He reminds us that things between us and Him are forever fixed.” - Tullian Tchividjian

Suggestions

1. Private Location
2. Priority (if possible)
3. Posture for Prayer
4. Plan for Bible reading
5. Praise and Gratitude

What have been the challenges and obstacles?

Resources - APPS

1. Bible in One Year
2. Our Daily Bread
3. YouVersion
4. Refresh Daily Bible
5. Dwell: Audio Bible

1.



2.



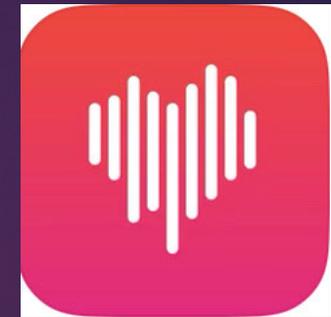
3.



4.



5.



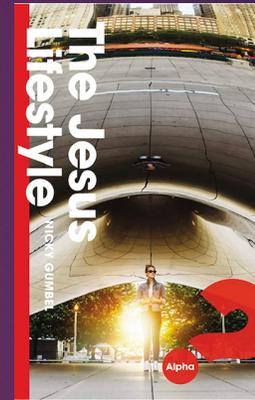
Resources - BOOKS

1. *“The Life and Teachings of Jesus”*
2. *“The Jesus Lifestyle”* by Nicky Gumbel
3. *“New Morning Mercies”* by Paul Tripp
4. *“Saving Grace”* by Jack Miller
5. *“The Jesus Storybook Bible”* by Sally Lloyd-Jones

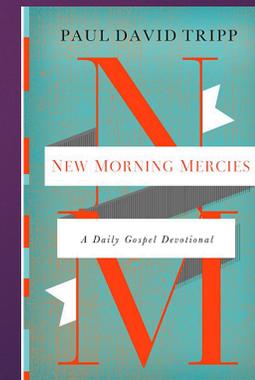
1.



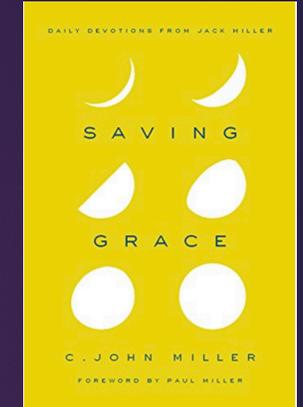
2.



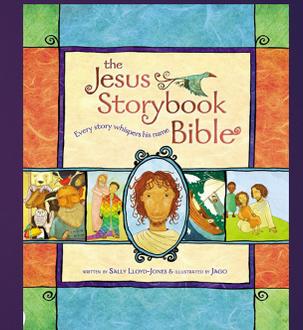
3.



4.



5.



Mark 6:30-31

The apostles gathered around Jesus and reported to him all they had done and taught. Then, because so many people were coming and going that they did not even have a chance to eat, he said to them, “Come with me by yourselves to a quiet place and get some rest.”

Concluding Thoughts

1. It's possible to be physically exhausted and spiritually rested (and vice versa).
2. Rest happens when we spend time with Jesus, in quiet stillness or active obedience.
3. Rest is God's ultimate desire for you and me.

Hebrews 4:9-11a

“There remains, then, a Sabbath-rest for the people of God; for anyone who enters God’s rest also rests from their works, just as God did from his. Let us, therefore, make every effort to enter that rest.”

Concluding Thoughts

We enter God's rest, daily and weekly,
by trusting in Him and in the work of Christ
that gives us rest.