

Finding Peace

Rest is not the same as sleep. Sleep illudes us for many reasons. Perhaps you are a carer that cannot 'clock off', a person who works two jobs or even someone that suffers from insomnia. Maybe you are simply in a busy season of life where getting your recommended 8hrs just not possible. In this study, we'll look for some ways to keep our heads and hearts settled despite the pressures of our days; to find rest and to delight in our God.



Have you listened to "The Elaborators" podcast yet? Share a highlight!

1. This is what Jesus of Nazareth had to say about rest;

Matt 11:28-30 "Are you tired? Worn out? Burned out on religion? Come to me. Get away with me and you'll recover your life. I'll show you how to take a real rest. Walk with me and work with me—watch how I do it. Learn the unforced rhythms of grace. I won't lay anything heavy or ill-fitting on you. Keep company with me and you'll learn to live freely and lightly."

Take a moment to consider the phrase, "you'll recover your life." What is it that you think could be recovered if you were to take Jesus invitation to come to Him more seriously in your day-to-day?

2. In her 2019 book, *The Art of Rest*, Claudia Hammond concluded from a survey of 18000 people that the following were the most practical ways of finding rest.

- Mindfulness
- Watching tv
- Daydreaming
- A nice hot bath
- A good walk
- Doing nothing in particular
- Listening to music
- Being alone
- Time in nature
- Reading

Which one is yours? How do you practice one or more of these in your day-to-day?

3. **The simple monastic practice of Lectio Divina** (Divine Reading) can be of great help in finding rest and delighting in God. It is designed for us to enjoy time & rest in God.

Lectio (Reading) : Spend a few moments together and ask someone to read the scripture aloud. Take a pause and read it once more out loud.

Meditato (Meditation) : pause for a minute or two and allow the group time to simply silently 'think on what they have just read'.

Oratio (Prayer) : in our group setting, ask someone to pray and ask for wisdom in understanding and applying the scriptures today.

Comtemplato (Contemplation) : in this group setting, take a moment to share what this scripture has spoken to you.

PSALMS 1

1How well God must like you—
you don't walk in the ruts of those blind-as-bats,
you don't stand with the good-for-nothings,
you don't take your seat among the know-it-alls.
2-3Instead you thrill to God's Word,
you chew on Scripture day and night.
You're a tree replanted in Eden,
bearing fresh fruit every month,
Never dropping a leaf,
always in blossom.

After this What will you do differently this week to 'come to Jesus' as He invited us to do?

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