



## March 23 – Rest & Growth

Let's face it – we live in a culture where the pressure to “produce” is sky high. Our very self-worth is often measured in what we have done, are doing, and will achieve. We believe resting is what we do when we can't do anymore – it's a luxury. But what if it isn't? Science tells us our bodies must rest in order to be healthy. Is this not true with our souls as well? What if resting and growing aren't opposites but inter-related? Join us this weekend as we dispel the myth that rest is a luxury!

### Scripture:

#### I John 4:7-16 NLT

Beloved, let us love one another, because love is from God; everyone who loves is born of God and knows God. <sup>8</sup>Whoever does not love does not know God, for God is love. <sup>9</sup>God's love was revealed among us in this way: God sent his only Son into the world so that we might live through him. <sup>10</sup>In this is love, not that we loved God but that he loved us and sent his Son to be the atoning sacrifice for our sins. <sup>11</sup>Beloved, since God loved us so much, we also ought to love one another. <sup>12</sup>No one has ever seen God; if we love one another, God lives in us, and his love is perfected in us. <sup>13</sup>By this we know that we abide in him and he in us, because he has given us of his Spirit. <sup>14</sup>And we have seen and do testify that the Father has sent his Son as the Savior of the world. <sup>15</sup>God abides in those who confess that Jesus is the Son of God, and they abide in God. <sup>16</sup>So we have known and believe the love that God has for us. God is love, and those who abide in love abide in God, and God abides in them.

#### John 15:1-5 NLT

“I am the true grapevine, and my Father is the gardener. <sup>2</sup>He cuts off every branch of mine that doesn't produce fruit, and he prunes the branches that do bear fruit so they will produce even more. <sup>3</sup>You have already been pruned and purified by the message I have given you. <sup>4</sup>Remain in me, and I will remain in you. For a branch cannot produce fruit if it is severed from the vine, and you cannot be fruitful unless you remain in me. <sup>5</sup>“Yes, I am the vine; you are the branches. Those who remain in me, and I in them, will produce much fruit. For apart from me you can do nothing.

### Questions:

- How often are you tempted to judge a person's worth by how much or the quality of their “production” be they a child, partner, co-worker, person on the street?
- Where does your heart abide? In the news and things of this world? Think about where your heart resides and then take note of how that makes your soul feel.
- What is your relationship with rest? What parts of your story and habits could be transformed by adjusting your relationship with rest?

### Reading for the Week:

**Monday:** Matthew 11:28-30

**Tuesday:** Exodus 23:12

**Wednesday:** Colossians 1:9-10

**Thursday:** Isaiah 40:31

**Friday:** Luke 9:25