

REST in The Storm



CHE HIGHTOWER

SABBATHING-
the opportunity for
mental and spiritual _____

SABBATHING-
the opportunity for
mental and spiritual rest

MATTHEW 8:23-27

Jesus Calms a Storm

23 Jesus got into a boat, and his followers went with him. 24 A great storm arose on the lake so that waves covered the boat, but Jesus was sleeping. 25 His followers went to him and woke him, saying, “Lord, save us! We will drown!”

MATTHEW 8:23-27

26 Jesus answered, “Why are you afraid? You don’t have enough faith.” Then Jesus got up and gave a command to the wind and the waves, and it became completely calm.

27 The men were amazed and said, “What kind of man is this? Even the wind and the waves obey him!”

MATTHEW 8:23-27

**Looking for _____
to rest**

MATTHEW 8:23-27

**Looking for opportunity
to rest**

MATTHEW 8:23-27

**Looking for opportunity
to rest**

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When we retire at night, we constructively review our day. Were we resentful, selfish, dishonest or afraid? Do we owe an apology? Have we kept something to ourselves which should be discussed with another person at once? Were we kind and loving toward all? What could we have done better? Were we thinking of ourselves most of the time? Or were we thinking of what we could do for others, of what we could pack into the stream of life? But we must be careful not to drift into worry, remorse or morbid reflection, for that would diminish our usefulness to others. After making our review we ask God's forgiveness and inquire what corrective measures should be taken.

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**How do we get our
thoughts cleared ?**

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thoughts cleared ?**

Rest and Reboot

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Rest and Reboot

PERSONAL INVENTORY

Do you have storms?

PERSONAL INVENTORY

Do you have storms?
Write it down

**ARE YOU IN THE
BOAT WITH JESUS?**

YES OR NO?

**ARE YOU RESTING WITH
JESUS?**

YES OR NO?

**ARE YOU PRACTICING
STILLNESS?**

YES OR NO?