

Sunday, July 5, 2026

Ancient Practices for Everyday Faith: **Rest**

How are you doing? Good, Busy, and Tired.

Remember Spiritual Disciplines can be defined by the WAY of JESUS.

The Creation Narrative shows us we rest FOR work,
not FROM work. (Gen 2:1-3)

“The Gospel is not anti effort, it is anti earning.”
-Dallas Willard

Just like Adam, Jesus rests in PREPARATION for work

How can we Rest like Jesus?

Don't mistake Numbing for Resting

- ***Stimulation***
- ***Substance***
- ***Sleep***

Instead try:

- ***Enjoying God's creation***
- ***Community***
- ***Solitude***
- ***A day off a week***

Where are you choosing numbing over refreshment?

Jesus says “Come to me all who are weary and heavy laden and I will give you REST”