

GLM

Reflections on Rest

October 2023

Hear Jesus speak this over you today from Matthew 11: 28-30 (MSG):
Circle the action verbs that lead to true rest.

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.

Write a prayer response to the Lord below. Get honest with him about your needs, desires, longings, fears, questions, etc.

Reflection questions/Journaling:

1. When you think about the term “REST” are you naturally drawn to it, or do you feel resistance to it? Spend a few minutes pressing into what you are longing for or why it is hard for you.

2. Without judgement, take an inventory of your week. What does rest currently look like for you?

3. Pick one of the ways you rest from above. How does that activity make you feel during or afterwards...

Physically?

Emotionally?

Mentally?

Spiritually?

4. Reflect on what you wrote above. Did anything surprise you? Encourage you? Stir up an emotional response?

Discussion questions:

1. Notice where you are feeling resistance to real forms of rest. What about 'real rest' feels risky to you?
2. Where do you notice desire or longing bubbling up around real rest?
3. What "ripple effects" of real rest have you personally experienced or which of the ones discussed is most compelling to you?