

FIVE STEPS TO EXPERIENCING GOD'S REST

{ REST }

JESUS WANTS TO BEAR EVERY
BURDEN, HE WANTS TO
MANAGE EVERY STRUGGLE AND
EVERY MOMENT OF OUR TIME.
HE WANTS YOU TO KNOW THAT
YOU NEED HIM MORE THAN
THE WORLD NEEDS YOU.

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{ step one }

COMMIT

God has set apart a day for rest. He loves you and wants you to know that you need rest. If you cannot rest on Sunday, commit to set part another day of the week that you will take the time to rest physically and mentally. Spend this time in worship and in fellowship with God.

“You have six days each week for your ordinary work, but on the seventh day you must stop working, even during the seasons of plowing and harvest.” – Exodus 34:21

I will rest and spend time with God on...

SUN

MON

TUE

WED

THU

FRI

SAT

{ step two }

GIVE IT TO GOD

By setting apart a day for rest, you are trusting God to work out the details of your time and your to-do list. Maybe you are giving up that extra shift at work and trusting he will provide. What are you putting aside in obedience to God's plan for rest and in time spent with Him? Write down of all the work that is on your mind and to-do list.

Dear God, I give to you ...

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

He said to them, “Come away by yourselves to a remote place and rest for a while.” For many people were coming and going, and they did not even have time to eat. – Mark 6:31

{ step three }

PRAY

Now pray over your list and ask God what work you need to leave to Him so that you can rest this week. As you pray, listen. Do your best not to let your mind race in other directions. If it does, just keep going back to Jesus. Listen for his voice to speak to your heart.

Remember, He likely isn't going to tell you *when* or even *how* He will take care of you and your overwhelming list – just that He will. And he may speak to your heart about giving up a few things along the way.

“Humble yourselves, therefore, under God's mighty hand, that He may lift you up in due time. Cast all your anxiety on Him because He cares for you.” 1 Peter 5:6-7

“My thoughts are nothing like your thoughts,” says the Lord. “And my ways are far beyond anything you could imagine. – Isaiah 55:8-9

Our timeline to get things done or accomplish goals is not necessarily God's timeline. Be careful not to rush checking off your list and miss out on God's perfect plan. While he may have planted a dream in your heart or given you the responsibilities you face right now, He is the master of working out the details - in His time. While you wait, He will strengthen you.

We can make our plans, but the LORD determines our steps.

PROVERBS 16:9

As you wait, listen for God to speak to your heart and continue to seek him. Waiting is trusting. Read and believe his Word and his promises.

{ EXODUS 14:14 ISAIAH 26:8
PSALM 40:1 ISAIAH 64:4
ISAIAH 40:31 ROMANS 8:25 }

The world will steal our rest. Unless we give every burden to Him, we will remain infinitely tired. Don't be held captive by worry, live free by trusting Him.

Trust God and live like you trust Him.

God works through the small stuff - and the big. He is always at work. Live with great anticipation of what he will do. And when he does, celebrate! Go back to the list you've been praying over and give Him the glory.

Write it down.

Thank you Lord for ...

God gets glory not from our heroic exertion but from our reliance upon his strength. - John Piper