

# A day walking with Jesus

## REST

Is rest what we do so we can go on working?

OR

Do we enter our work from a place of rest within the love and grace of God?



## Psalm 23: 1-2

The Lord is my shepherd, I shall not want.  
He makes me lie down in green pastures;  
he leads me beside still waters;  
he restores my soul.

1. Do you find it easy to rest; to be still; to let go of anxious toil?
2. How do you feel when you have nothing to do?
3. What settings provide a place of rest for you?

As you walk, still your mind and become at peace.

You have nowhere else to be and nothing else to do.

Be still and rest in the embrace of God.

### **Some Bible passages that invite you to ponder the value of rest.**

#### **Deut 5:14**

But the seventh day is a sabbath to the Lord your God

#### **Joshua 22:4**

And now the Lord your God has given rest to your kindred, as he promised them; therefore turn and go to your tents in the land where your possession lies, which Moses the servant of the Lord gave you on the other side of the Jordan. Take good care to observe the commandment and instruction that Moses the servant of the Lord commanded you, to love the Lord your God, to walk in all his ways, to keep his commandments, and to hold fast to him, and to serve him with all your heart and with all your soul.”

#### **Psalm 23**

The Lord is my shepherd, I shall not want.

He makes me lie down in green pastures;

he leads me beside still waters;

he restores my soul.

#### **Psalm 46: 10**

“Be still, and know that I am God!

I am exalted among the nations,

I am exalted in the earth.”

The Lord of hosts is with us;

the God of Jacob is our refuge.

#### **Isaiah 30:15**

In returning and rest you shall be saved;

in quietness and in trust shall be your strength.

#### **Mark 6: 30**

The apostles gathered around Jesus, and told him all that they had done and taught. He said to them, “Come away to a deserted place all by yourselves and rest a while.” For many were coming and going, and they had no leisure even to eat. And they went away in the boat to a deserted place by themselves.