



Message Reflections

September 25, 2022

*"The busyness of your life leaves little room for the source of your life."
- Ann Voskamp*

Our inability to rest says more about the busyness of our hearts than the busyness of our schedules. As Christians, we are called to labor well and rest well. Only when we do both as God has directed us, will we find the right balance in life.

Read: Hebrews 4:9-11; Exodus 20:8-11; Colossians 3:23

Reflect:

- Is your life of work balanced appropriately? What does your schedule reveal about your priorities?
- What is the typical pattern of your day or week? How do you relax? Do you find relaxing difficult? Wasteful? Guilt producing? Beneficial? Invigorating?
- Are you a slave to your work? Could you stop tomorrow if the Lord asked? Is work a part of your identity and you don't know who you'd be without it?

How do you rest?

We can talk about rest all day long, but none of it matters until we take time to physically stop our work and rest in God. Each of us must develop our own habits of rest.

Rest looks different for everyone. What does it look like for you?

Pray:

Pause to pray and stop the busyness for a moment, asking God to help you quiet yourself, so that you may rest in His presence. Ask the Holy Spirit to reveal any steps or changes you can make in your schedule or life that would help you to rest and experience regular Sabbath rest.