

REST IS A WAY TO
Worship
GOD

*"By the seventh day God had finished
his work of creation, so he rested
on the seventh day from all his work."*

GENESIS 2:2

SAME GOD / SAME EXAMPLE / SAME CALL

Calvary
Baptist Church

September 20, 2026

Rest as Worship

WELCOME

Why should we do a family devotional?

“Hear, O Israel: The Lord our God, the Lord is one. You shall love the Lord your God with all your heart and with all your soul and with all your might. And these words that I command you today shall be on your heart. You shall teach them diligently to your children, and shall talk of them when you sit in your house, and when you walk by the way, and when you lie down, and when you rise. You shall bind them as a sign on your hand, and they shall be as frontlets between your eyes. You shall write them on the doorposts of your house and on your gates.” - Deuteronomy 6:4-8

As long as there have been a “people of God,” the command given to them has always been that they would be instructing their children in the way of the Lord. Scripture expects parents to be the primary disciplers of their children.

But teaching children is more than simply giving rules. It involves showing them HOW to obey the Lord by doing it yourself! These family devotionals are meant to equip you as an individual to grow in your understanding of the Lord and His Word, as well as providing parents with the resources and opportunities to demonstrate for their children what it looks like to pursue God.

How to use this devotional:

This is simply a resource for you to use however works best for your family! Each day there is a selected Scripture reading, devotional, discussion questions, a prayer prompt, and a song to sing together. You may consider splitting parts and having one family member read the Scripture while another reads the devotional and another leads the prayer. Feel free to read additional Scripture as you call to mind passages that relate to what was read. Sing more hymns and songs with your family than the one provided if you feel led to. Use this guide in whatever way helps you and your family draw nearer to the Lord together.

PAST WORSHIP GUIDES

Are you just now learning about these worship guides? Or maybe you were traveling and missed a week. Don't worry! These worship guides are written in a way so that they can be used for years to come.

All of our past worship guides are available on our website. Feel free to scroll and find the one that works for you and your family. The dates simply help you know when they were written, it doesn't mean you only have to read them the week that they were published!

Find those worship guides here:



<https://www.calvaryleavenworth.com/homeworship>

MONDAY

Rest Was Designed by God

Read: Genesis 2:1-3

God created all things in 6 days and rested on the 7th day. Have you ever wondered why he did it in that order? Or why he added a rest day in the first place? If God is so powerful, why would he need to rest anyway? God could have created all things in 7 days, rather than 6, if He wanted to. He could have created everything in 1 day if He thought that would have been better. But instead, God saw fit to create everything in 6 days and rest on the 7th. God created a rhythm of work, and baked “rest” into the recipe of it. When we read the Genesis creation account, we even recognize that God designated rest to be a part of work before the Fall. Rest was not something that God added after sin entered into the world. He created rest before work became “hard.” This means that rest is not a concession to our weakness, but it is part of God’s good design for man. Just as God created us to work, He created us to rest from that work. Both are gifts from God. Work hard so that you can rest well.

Why do you think God chose to include a day of rest in the creation pattern? What does that teach us about how God designed us?

When is rest good and when is it bad?

Why do you think we sometimes feel guilty when we rest? Where do you think that feeling comes from?

What is the difference between biblical rest and laziness?

What are some good things that can become unhealthy when we refuse to stop doing them?

Pray

Thank God for rest.

Sing

And Can It Be?

AND CAN IT BE?

And can it be that I should gain
An int'rest in the Savior's blood?
Died He for me, who caused His pain?
For me, who Him to death pursued?
Amazing love! how can it be
That Thou, my God, should die for me?

Chorus:

Amazing love! how can it be
That Thou, my God, should die for me!

'Tis mystery all! Th'Immortal dies!
Who can explore His strange design?
In vain the firstborn seraph tries
To sound the depths of love divine!
'Tis mercy all! let earth adore,
Let angel minds inquire no more.

He left His Father's throne above,
So free, so infinite His grace;
Emptied Himself of all but love,
And bled for Adam's helpless race;
'Tis mercy all, immense and free;
For, O my God, it found out me.

Long my imprisoned spirit lay
Fast bound in sin and nature's night;
Thine eye diffused a quick'ning ray,
I woke, the dungeon flamed with light;
My chains fell off, my heart was free;
I rose, went forth and followed Thee.

No condemnation now I dread;
Jesus, and all in Him is mine!
Alive in Him, my living Head,
And clothed in righteousness divine,
Bold I approach th'eternal throne,
And claim the crown, through Christ my own.



TUESDAY

Rest Requires Trust

Read Matthew 6:25-34

A large practical point of the Lord creating the Sabbath in the first place was so that His people would be required to stop working and rely on His provision for them. That His people would not rely on themselves for their food but that the Lord would provide for them everything that they need to survive.

Sometimes we don't stop to rest because we fall into thinking, "If I stop working, everything will fall apart." But God set the example for us to rest in the creation account when He rested on the 7th day. We must follow His example and trust that God is still God even when we stop working. There is a connection between our trust in God and our belief in the theology of God's Sovereignty. If we truly trust that God is sovereign, we will trust God in our rest to take care of our every need.

Why do you think God commanded His people to stop working on the Sabbath? What was He teaching them about Himself?

What does resting have to do with trusting God to provide for us?

How can our desire to always be productive become a form of self-reliance?

What does it mean to believe that God is sovereign?

How should God's sovereignty affect the way we approach rest?

Pray

Thank God for providing for you in times of rest.

Sing

His Mercy is More

HIS MERCY IS MORE

What love could remember, no wrongs we have done
Omniscient, all-knowing, He counts not their sum
Thrown into a sea, without bottom or shore
Our sins they are many, His mercy is more

What patience would wait, as we constantly roam
What Father so tender, is calling us home
He welcomes the weakest, the vilest, the poor
Our sins they are many, His mercy is more

Chorus

Praise the Lord, His mercy is more
Stronger than darkness, new every morn
Our sins they are many, His mercy is more

What riches of kindness, He lavished on us
His blood was the payment, His life was the cost
We stood 'neath a debt, we could never afford
Our sins they are many, His mercy is more



WEDNESDAY

You Don't Have to Say Yes to Everything

Read: Luke 5:15-16; John 6:15

In both of our scriptures, we see Jesus withdrawing from opportunities of influence to be alone. In these scenarios, we undoubtedly have a Jesus who is recharging after doing much preaching, miracles, and ministry. Could he have stuck around to do more ministry? He absolutely could have. Could he have stayed close by to become the king of the people? He certainly could have. But that is not what Jesus was going to do. You see, Jesus knew the timeless truth that not all opportunities given to us are God's Will. We don't have to say "Yes!" to every opportunity. For every "yes" we give to something, you are simultaneously saying "no" to something else. A "yes" to another commitment might be a "no" to your family. A "yes" to another ministry might be a "no" to your children. A "yes" to another project might be a "no" to quality sleep. A "yes" to everyone else's needs might eventually become a "no" to your own spiritual health. Not every good opportunity is your God-given responsibility.

Why do you think Jesus was willing to walk away from opportunities that looked good? What does that teach us about following God's will?

What are some "good opportunities" that people your age might feel pressured to say yes to?

Can you think of a time when saying yes to something good caused you to miss out on something more important? What happened?

Why is it sometimes difficult to say no, even when we know we should?

How can you tell the difference between an opportunity God wants you to pursue and an opportunity that you simply want to pursue?

Pray

Pray that God would help you discover what you should say "yes" to and "no" to.

Sing

In Christ Alone

IN CHRIST ALONE

In Christ alone my hope is found,
He is my light, my strength, my song;
This Cornerstone, this solid Ground,
Firm through the fiercest drought and storm.
What heights of love, what depths of peace,
When fears are stilled, when strivings cease!
My Comforter, my All in All,
Here in the love of Christ I stand.

In Christ alone! – who took on flesh,
Fullness of God in helpless babe.
This gift of love and righteousness,
Scorned by the ones He came to save:
Till on that cross as Jesus died,
The wrath of God was satisfied –
For every sin on Him was laid;
Here in the death of Christ I live.

There in the ground His body lay,
Light of the world by darkness slain;
Then bursting forth in glorious day
Up from the grave He rose again!
And as He stands in victory
Sin's curse has lost its grip on me,
For I am His and He is mine –
Bought with the precious blood of Christ.

No guilt in life, no fear in death,
This is the power of Christ in me;
From life's first cry to final breath,
Jesus commands my destiny.
No power of hell, no scheme of man,
Can ever pluck me from His hand:
Till He returns or calls me home,
Here in the power of Christ I'll stand.



THURSDAY

Rest From Work, Not From God

Read: Psalm 46:10; Matthew 11:28-30

There is a difference between stopping work and actually resting in the Lord. You can stop working and still be mentally consumed by your responsibilities. True rest involves turning our hearts toward the Lord and remembering that our identity isn't found in our productivity but that our identity is found in Christ. Can you actually be still before God, or do you always need to be doing something?

Psalm 46:10 says, "Be still, and know that I am God." Being still means more than just not being active. It is an intentional choice to not strive and trust that God will remain to be God. In Matthew 11, we are also called to come to Him to receive rest for our souls. The world tells us that we have to keep working, keep accomplishing, and keep proving ourselves. But Jesus calls us to come rest in Him. Rest is an act of faith because when we rest in God, we are proving that the world doesn't depend on us. God is at work even when we're not.

What is the difference between taking a break and truly resting in the Lord?

Why can we still feel stressed or overwhelmed even when we aren't physically working?

Psalm 46:10 says, "Be still, and know that I am God." Why do you think being still can be difficult for us?

Matthew 11:28–30 invites weary and burdened people to come to Jesus. What kinds of burdens do you tend to carry instead of bringing them to Christ?

What are some things that regularly keep you from spending quiet, uninterrupted time with God?

Pray

Pray that God would allow you to truly rest in a way that glorifies Him.

Sing

He Will Hold Me Fast

HE WILL HOLD ME FAST

When I fear my faith will fail
Christ will hold me fast
When the tempter would prevail
He will hold me fast
I could never keep my hold
Through life's fearful path
For my love is often cold
He must hold me fast

[Chorus]
He will hold me fast
He will hold me fast
For my Savior loves me so
He will hold me fast

Those He saves are His delight
Christ will hold me fast
Precious in His holy sight
He will hold me fast
He'll not let my soul be lost
His promises shall last
Bought by Him at such a cost
He will hold me fast

For my life He bled and died
Christ will hold me fast
Justice has been satisfied
He will hold me fast
Raised with Him to endless life
He will hold me fast
'Til our faith is turned to sight
When He comes at last



FRIDAY

Rest Is Worship

Read: Psalm 23:1-3

Psalm 23 starts us off with the picture of rest. If the Lord is our shepherd, then we are his sheep. I picture a sheep lying down in a beautiful green meadow. It's interesting that we have a picture of someone relying on the Lord, and the first thing mentioned is rest. Resting in the presence of the Lord is how the psalmist decides to begin this word picture of worship. Before walking beside the still waters, there is rest. Before going down the paths of righteousness, there is rest. Before walking through the valley of the shadow of death, there is rest. But not just the absence of work. It's almost as if walking with the Lord beside still waters and in paths of righteousness is the rest that the Lord has for us. We can stay active in our rest, as backwards as that sounds. We must be proactive in our rest in the Lord. Seek Him in your rest.

When you hear the word "rest," what usually comes to mind? How is that different from the kind of rest described in Psalm 23?

What is the difference between stopping work and actually resting in the Lord?

What does it mean to be proactive about resting in the Lord? What are some practical ways you can seek God during your times of rest?

What activities help you genuinely turn your attention toward God rather than simply distracting yourself from your responsibilities?

What is one thing that makes it difficult for you to rest right now? Is it busyness, anxiety, responsibilities, your phone, guilt, or something else?

Pray

Ask God for worshipful rest.

Sing

Turn Your Eyes Upon Jesus

TURN YOUR EYES UPON JESUS

O soul, are you weary and troubled?
No light in the darkness you see?
There's light for a look at the Savior,
And life more abundant and free!

Chorus:

Turn your eyes upon Jesus,
Look full in His wonderful face,
And the things of earth will grow strangely dim,
In the light of His glory and grace.

Thro' death into life everlasting,
He passed, and we follow Him there;
O'er us sin no more hath dominion--
For more than conqu'rors we are!

His Word shall not fail you--He promised;
Believe Him, and all will be well:
Then go to a world that is dying,
His perfect salvation to tell!



Oh come,
let us
worship
and bow down;

let us
kneel
before the
Lord,
our Maker!

—♥—
Psalm 95:6

CALVARY

BAPTIST CHURCH

Worship

8:30 & 11:00am

Sunday School

10:00am



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913-682-3790

"Go home to your friends and
tell them how much the Lord
has done for you, and how he
has had mercy on you."

Mark 5:19

