



WEEK 1 — GOD IS CREATOR

DAY 6 — The Gift of Rest

GENESIS 2:1–3

MATTHEW 11:28–30

DEVOTIONAL

GOD RESTED ON THE SEVENTH DAY, NOT BECAUSE HE WAS TIRED, BUT BECAUSE HE WAS ESTABLISHING RHYTHM AND TRUST.

REST REMINDS US THAT WE ARE NOT GOD.

MANY PEOPLE LIVE EXHAUSTED BECAUSE THEY FEEL PRESSURE TO CONSTANTLY PRODUCE, ACHIEVE, AND PERFORM.

BUT BIBLICAL REST TEACHES DEPENDENCE.

REST BECOMES WORSHIP WHEN WE TRUST THAT GOD IS STILL IN CONTROL EVEN WHEN WE STOP WORKING.

JESUS LATER INVITES WEARY PEOPLE TO FIND REST IN HIM.

TRUE REST IS NOT ONLY PHYSICAL.

IT IS SPIRITUAL.

DISCUSSION QUESTIONS

- WHY IS REST DIFFICULT IN TODAY'S CULTURE?
- WHAT USUALLY STEALS YOUR PEACE?
- HOW CAN REST BECOME AN ACT OF FAITH?

PRAYER

DEAR LORD, TEACH ME TO FIND REST IN YOU INSTEAD OF CONSTANTLY LIVING IN STRESS AND PRESSURE. IN JESUS NAME, AMEN.