

Gathering

REST

Rest is not vacation. Vacations are not always restful. How often do we need a vacation from our vacation?

Rest is stillness or unhurriedness. It is both rejuvenation and preparation for what is to come. It is not necessarily recovery, but recharging, renewing, and reviving.

Rest is hard to justify in a world that prizes busyness. If you are too busy, you must be important. But sometimes that is just overwhelming. You can feel squished between responsibilities and obligations. Many of them important and many that have just come to feel like a burden. If you make time for friends and family a priority, you may find that they are all too busy to see you. It is hard to rest in an anxious world.

Resting requires trusting that you do not always have to be at work for there to be enough. Resting requires an act of faith. Resting restores faith. Resting remakes faith. This time of year is vacation time in some places, in others it is “back-to-school” time. It is a good time to differentiate between rest and active leisure. For this month's questions, you might consider having a two-parter. You might have appetizers, like chips & salsa, and follow with these questions:

- When you think of the word “rest” (or “Sabbath”), what comes to mind?
- Do you believe that you keep/have a practice of intentional rest (or “Sabbath”)? If yes, how?
If not, what could that look like for you?
- When do you feel the most overwhelmed?
- What was it like during a time when you felt really at rest?

Mark 2:27

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Then have a meal, getting the hot food off the grill, and look at applying rest in more explicitly God-related parameters. You could share:

- Remember the Sabbath day by keeping it holy. Six days you shall labor and do all your work, but the seventh day is a Sabbath to the LORD your God. On it you shall not do any work, neither you, nor your son or daughter, nor your male or female servant, nor your animals, nor any foreigner residing in your towns. For in six days the LORD made the heavens and the earth, the sea, and all that is in them, but he rested on the seventh day. Therefore the LORD blessed the Sabbath day and made it holy. (Ex 20:8–11)

Then ask:

- What does it mean for you that God enjoyed Sabbath?

You could share: “The Sabbath was made for people, not people for the Sabbath” (Mark 2:27)

And then ask the following questions:

- If Sabbath was made for people, what is its purpose?
- What keeps us from practicing Sabbath?
- What would help you to understand that intentional rest is part of God’s creation plan for you? And everyone?

Complete your monthly report and turn it in to the Corps Officer.

June Leader’s Page

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practicing **Sabbath**?

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What would **help** you to understand
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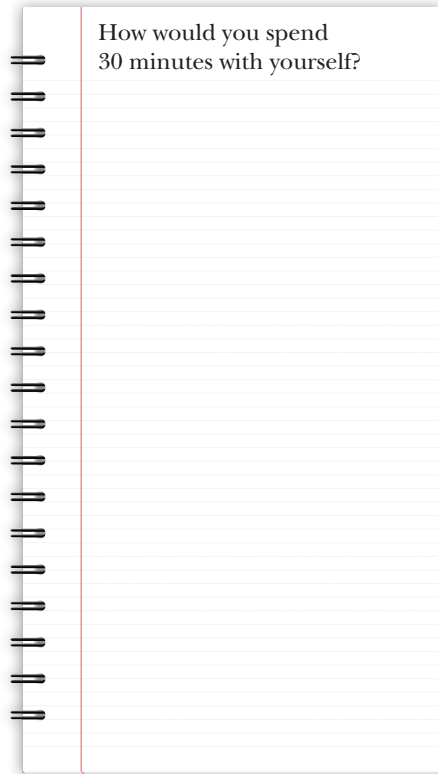
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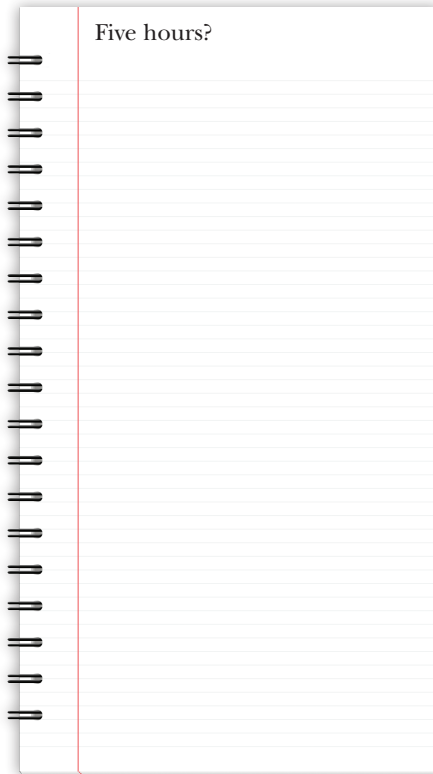
Mark 2:27

*Practicing Sabbath — resting — is a foreign concept to many of us.
Use this chart to journal some thoughts on what rest looks like in your life.*

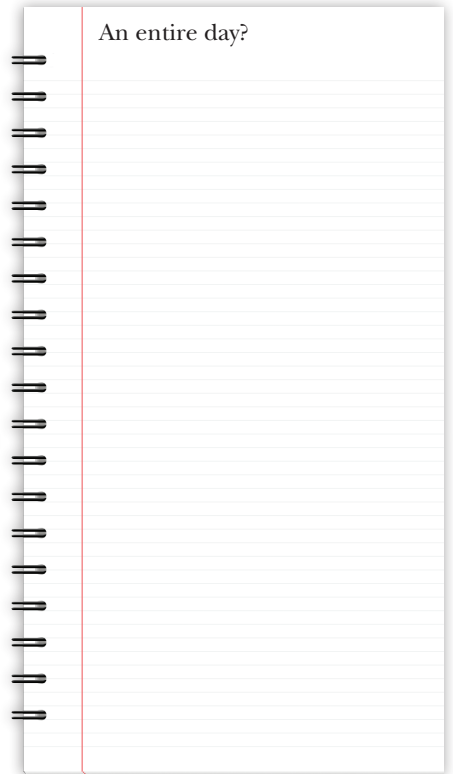
How would you spend
30 minutes with yourself?



Five hours?

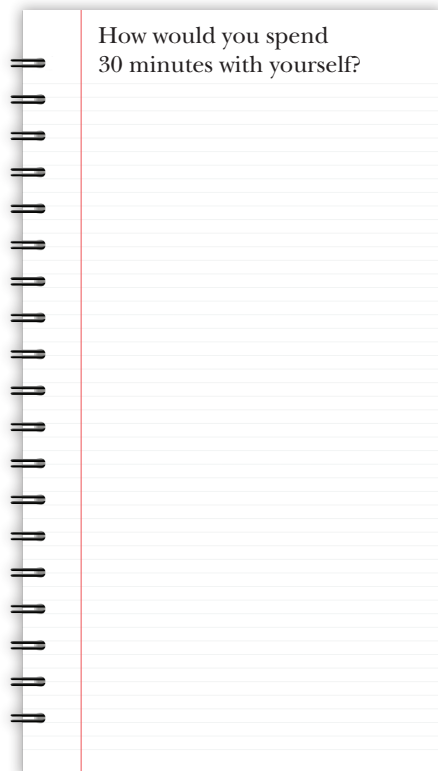


An entire day?

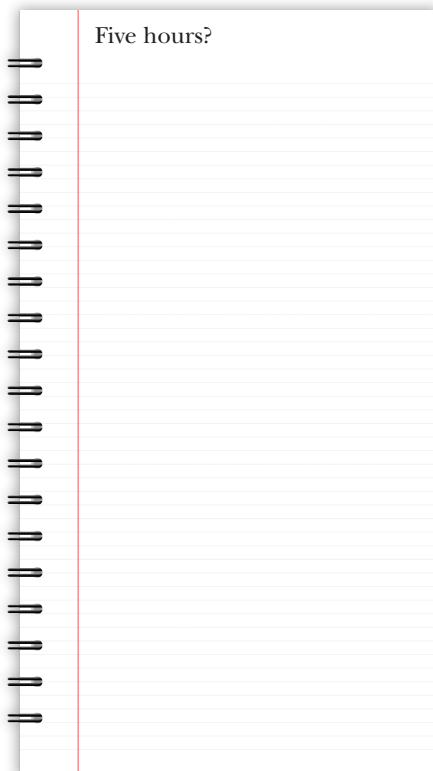


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