



## Rest

### Welcome (10 mins)

What do you enjoy doing to relax?

OR Finger painting

### Worship (20 mins)

Meditation (candle lit)

Worship music - ("breathe")

Someone to read a passage (e.g. Psalm 23)

### Word (40 mins)

**Why rest?** Scriptural to rest, e.g. God rested on the 7th day after His creative efforts and hence the Sabbath was born; Jesus regularly disappeared away from the crowds either alone or with friends - don't just disappear alone but use times of rest to build strong friendships; Matthew 11:28 and Hebrews 4.

**What are the consequences of not resting?** Get tired and less productive etc. - Scripture is so practical.

**Do we feel we incorporate enough rest into our lives?** How can we incorporate more?

**Challenge of resting without becoming apathetic.**

### Witness (20 mins)

Pray for each other that God would rest on us and help us to rest.

### Notes

The book "Ten" by J John has a chapter on keeping the Sabbath day holy