

FINDING REST IN THE RUSH

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TRUTHS FROM SCRIPTURE

Genesis 2:1-3 – God rested on the seventh day not because He was tired, but to _____ rest for us.

Exodus 20:8-11 – “Remember the _____ day, to keep it _____...”

Mark 6:31 – “Come away by yourselves to a _____ place and _____ a while.”

KEY CONCEPTS:

1. Rest is both a _____ and a _____ from God.
2. The Sabbath is more than inactivity—it is a _____, a perspective, and a boundary that brings us back to _____.
3. One major misconception about Sabbath is that it means doing _____.
4. Jesus modeled Sabbath by withdrawing to _____ and _____, even when there were many demands.
5. Sabbath helps us remember that:
 - God is the _____ of our lives.
 - God is our _____.
 - God is our _____.
6. Making room for Sabbath requires _____ and a conscious _____.
7. Saying "yes" to everything can mean saying "no" to _____ else.
8. Rest reminds us we are not _____, and we do not control _____.
9. In moments of anxiety or negativity, we can combat lies with the _____ of God.

PRACTICAL TIPS:

- Review your current _____ and _____.
- Learn to say _____.
- Unplug from _____ noise.
- Create space and be _____.
- Prioritize daily time with _____.
- Use Scripture to fight _____ and _____.
- Take a _____ when needed.
- Get _____ in nature.
- Choose one day a week to truly _____.
- Appreciate the _____.
- Declutter and organize your _____.

REFLECTION QUESTIONS

1. What barriers keep you from truly resting—mentally, emotionally, or spiritually?

2. Which misconception about Sabbath do you most relate to or struggle with?

3. What is one small change you can make this week to create more space for stillness with God?

4. How does the idea that "God is your provider" shift your perspective about taking time off or saying no?

FINAL TAKEAWAY

"Rest is not weakness—it's worship."

Write a short prayer or declaration as a response to what you've learned: