



# Finding Rest in the Rush

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Dr. Melissa Ewing



A scenic landscape featuring a calm lake in the foreground, a dense forest of evergreen and deciduous trees in the middle ground, and majestic mountains with patches of snow in the background under a clear blue sky. The water reflects the surrounding scenery.

# Understanding Rest

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What is Sabbath rest and why did God design it?



# SABBATH REST

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- Modeled by God in Genesis
- Commanded by God in Exodus
- Practiced by Jesus in the New Testament





# Sabbath is

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- A lifestyle, an attitude, a perspective that focuses our hearts on trusting God (Proverbs 16:9, Psalm 121:5-6,)
- A boundary to keep us from placing anything before God (Exodus 20:8-10, Isaiah 30:15)
- A quiet space of holiness and worship to redirect our mind to God (Colossians 3:1-2, Philippians 4:8-9,
- A daily practice of silence and solitude with God (Psalm 46:10, 1 Peter 5:7, Psalm 23:1-3)
- A pattern of intentional rest that brings peace (Psalm 127:2, Exodus 33:14, Isaiah 26:3, Psalm 4:8)





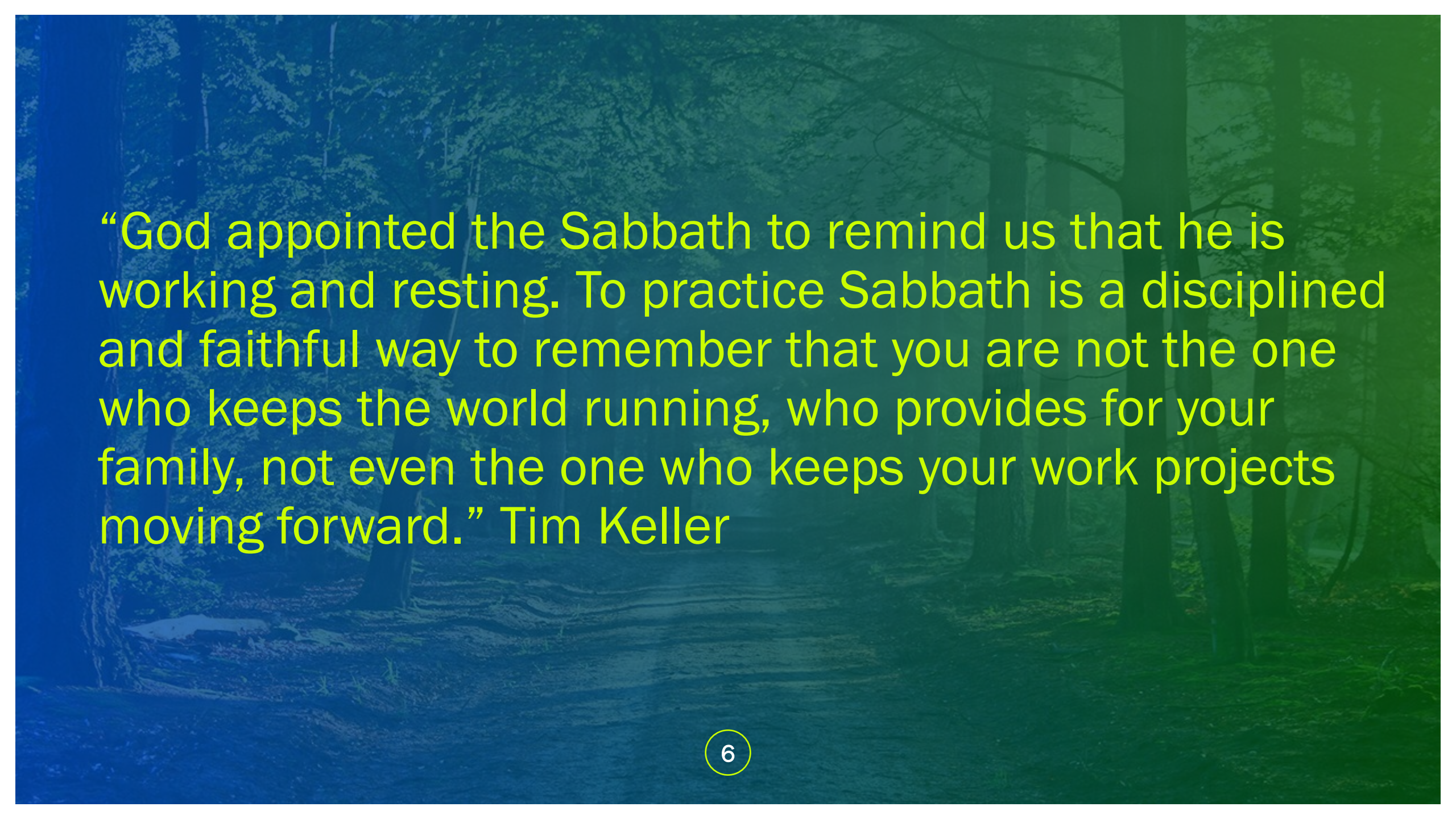
# Why did God create Sabbath?

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- To remind us that God is the point of our lives
- To remind us that God is the provider of all we need
- To remind us that God is the Savior of our lives







“God appointed the Sabbath to remind us that he is working and resting. To practice Sabbath is a disciplined and faithful way to remember that you are not the one who keeps the world running, who provides for your family, not even the one who keeps your work projects moving forward.” Tim Keller





# Prioritizing Rest

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How do you make room for Sabbath?



# Rhythm of Rest

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Shabbat: The Hebrew word for Sabbath—means “to come to an end, to cease, to stop, to pause.”

- Evaluate your current routine
- Learn to say No
- Silence the noise
- Create space
- Be silent and still
- Prioritize people
- Appreciate ordinary





A scenic landscape photograph of a mountain valley. In the foreground, a calm lake reflects the surrounding scenery. The middle ground is filled with a dense forest of evergreen trees, interspersed with bright yellow wildflowers. The background features majestic mountains with patches of snow under a clear blue sky.

# Pursuing Rest

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What are some specific tools to develop a Sabbath rhythm?



# Sabbath Practices

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## DAILY

- Read Bible/Journal
- Scripture memory
- Pray
- Begin & end with God
- 60 second pause
- Go outside
- Unplug
- Find accountability

## WEEKLY

- Attend church
- Join community
- Tech free evening or day
- One day with no emails or work-related tasks
- Family time together
- Take a nap
- Have fun

## MONTHLY

- Focus time on important relationships
- Spend time in silence
- Eliminate something from your schedule
- Clean out clutter from your home
- Remember what God has done



# Resources for further study

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Comer, John Mark  
Eldredge, John  
Feldhahn, Shaunti  
Hershey, Terry  
Lyons, Rebekah  
Nelson, Thomas  
Shirer, Priscilla

The Ruthless Elimination of Hurry  
Get Your Life Back: Everyday Practices for a World Gone Mad  
Finding True Rest in a Busy Life  
The Power of Pause: Becoming More by Doing Less  
Rhythms of Renewal: Trading Stress and Anxiety for a Life of Peace and Purpose  
Sacred Rest, Finding the Sabbath in the Everyday  
Breathe: Making Room for Sabbath





# THANK YOU!

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