

## CHAPTER 4 – PHYSICAL REST

**SCRIPTURE FOCUS – *And Abraham’s faith did not weaken, even though, at about 100 years of age, he figured his body was as good as dead – and so was Sarah’s womb. Romans 4:19***

### KEY CHAPTER QUOTES

\*It boggles my mind how little we trust our body to speak truth.

\*None of us are at our best when depleted.

\*It’s time to transition from our daily hustle to daily hush. In the hush, tension releases and recovery begin.

\*We have to stop acting like honoring our body’s physical needs is a sign of weakness.

\*Rest is a time-tested weapon that can help you be victorious in battle.

### REFLECTION QUESTIONS:

**1-Dr. Sandra writes, “in the stillness, we fear what we will find, so we keep moving.” Do you agree to disagree with this diagnosis?**

Debbie -- I ask God to take the burden away and to relax in Him.

**2-When we face stillness induced fear, we are absent of our strength in Jesus Christ. How can we develop a continuous communication with Him to combat the virus of unbelief?**

Retha -- I pray and deep breathe first to clear my lungs and head. I talk to him and tell him my feelings; and there's times when I feel like satin is jumping in there and messing up my head. I read the Bible and love the praise books, which are a nice little get away from reality.

**3-Physical rest is both active and passive; both can be measured. A sleep tracker on your smartwatch or fitness tracker measures your commitment to passive physical rest. A planner measures your commitment to active physical rest. If I looked at your measurements for physical rest, what would I see?**

Kathy - we are going to skip this one.

**4-In God’s brilliant master design, He created bodies that communicate with their residents physically. What is your body communicating to others and how is that different than what it communicates to you privately?**

Kathy – we are going to skip this one.

**5--Look at this one and put a check next to the signs of physical rest deficit in your life:**

\_\_\_you lack the energy to do all the physical tasks on your to do list.

\_\_\_you feel tired but have difficulty falling asleep.

\_\_\_you have a weak immune system with frequent colds and illnesses.

\_\_\_you experience frequent muscle pain and soreness.

\_\_you depend on substances to give you more energy (caffeine, energy drinks, bars, sugar)

\_\_you depend on substances to give you more rest (alcohol, pulls, comfort foods)

**Kathy - The Challenge for this week:**

*Think about the people in your neighborhood. If you walk in the neighborhood, pray for each household in the neighborhood.*

**9-Imagine someone is walking past your home, praying. Do you feel loved (command to love neighbors)? Are you made that she is invading your privacy (vulnerability)?**

*Kathy - I would feel loved. My son had a bike ride wreck, and his face was raw from his fall. He came crying down the street and a little lady was passing by who came up to him and asked if she could pray for him. We got him all cleaned up, but his face didn't scar. I was so grateful for that lady.*