

## CHAPTER 5 – MENTAL REST

**SCRIPTURE FOCUS – *You have closed their minds to understanding, but do not let them triumph. Job 17:4***

### **KEY CHAPTER QUOTES –**

- \*The mind is magnificent, but it has its own agenda.
- \*A purging of the mind before turning in for the night is needed to declutter your mental space.
- \*We hold on to some mental baggage past its expiration date.
- \*Mental fatigue is one of the most significant causes of avoidable accidents.
- \*Reclaim your mental territory.
- \*One way to create a mental sanctuary is to choose a characteristic of God to rest on each day (***Galatians 5:22-23 22 But the fruit of the Spirit is love, joy, peace, long suffering, gentleness, goodness, faith, 23 Meekness, temperance: against such there is no law).***

*Kathy-Job prayed for his release, and he took his anger to the Lord. He had hit bottom. A lot of us have to get to rock bottom before we can follow Jesus. Job never failed. God knew he would be strong. We need to put on our armour of God for the mental rest.*

*Anxiety -- a Greek word for Anxiety is 'a mind divided'.*

*We all have mental fatigue - which can result in avoidable accidents. People go to sleep at the wheel while driving and have accidents.*

*Choose a characteristic of God to rest on each day.  
Chapter 5 was filled with doable things and things we can start.*

### **Google meditation - Meditate on Gods Word.**

*Find a quiet, peaceful environment with no distractions.*

*Select a bible passage.*

*Read and reflect on it.*

*Memorize it and repeat it.*

*Journal your thoughts and feelings.*

*Pray*

*Apply what you learned.*

*Take deep breaths like you are breathing in God and letting out your worries.*

*Feel your breath.*

*Notice your breath.*

*When you wonder away mentally, come back.*

*Keep a diary of your thoughts and feelings as we go through this study. We will be able to see where we've come from and where we are going.*

*Make suggestions of how we choose to change our behavior.*

*What one thing did I choose to do?*

*How have I been impacted?*

**Ponder on these things:**

***Psalms 16:1, 2, 7 - 1 Preserve me, O God: for in thee do I put my trust.***

***2 O my soul, thou hast said unto the LORD, Thou art my Lord: my goodness extendeth not to thee;***

***7 I will bless the LORD, who hath given me counsel: my reins also instruct me in the night seasons.***

***Allow God to lead you in Psalm 23- 1 The LORD is my shepherd; I shall not want.***

***2 He maketh me to lie down in green pastures: he leadeth me beside the still waters.***

***3 He restoreth my soul: he leadeth me in the paths of righteousness for his name's sake.***

***4 Yea, though I walk through the valley of the shadow of death, I will fear no evil: for thou art with me; thy rod and thy staff they comfort me.***

***5 Thou preparest a table before me in the presence of mine enemies: thou anointest my head with oil; my cup runneth over.***

***6 Surely goodness and mercy shall follow me all the days of my life: and I will dwell in the house of the LORD for ever.***

***Psalm 127- 1 Except the LORD build the house, they labour in vain that build it: except the LORD keep the city, the watchman waketh but in vain.***

***2 It is vain for you to rise up early, to sit up late, to eat the bread of sorrows: for so he giveth his beloved sleep.***

***3 Lo, children are an heritage of the LORD: and the fruit of the womb is his reward.***

***4 As arrows are in the hand of a mighty man; so are children of the youth.***

***5 Happy is the man that hath his quiver full of them: they shall not be ashamed, but they shall speak with the enemies in the gate.***

***Psalm 131- 1 Lord, my heart is not haughty, nor mine eyes lofty: neither do I exercise myself in great matters, or in things too high for me.***

***2 Surely I have behaved and quieted myself, as a child that is weaned of his***

***mother: my soul is even as a weaned child.***

***3 Let Israel hope in the LORD from henceforth and for ever.***

*Kathy - Find your way back to him, listen and show gratitude and be mindful.*

*I hope you enjoyed this lesson. I hope you will continue to dig in and join us.*

Next week: Chapters 6-10 for week 2

It is suggested that the study lasts 5 weeks but will send something out to see how you feel about that.

**Debbie closed us with prayer:**

***Heavenly Father,***

***We thank you for this opportunity to be together in this study. Open our minds and hearts to go back and reflect; and as we study, to learn how to obtain sacred rest. We ask you to touch each and every family member and keep them safe. We give you all the praise and glory. Amen.***