

Bible Study WM - January 10, 2024

10:30 am

Judy Barron, Carol Coulter, Connie Cox, Kathy Ferguson, Jackie Green, Greg Gunther, Rena' Miller, Tess Moore, Barb Nelson, Carolyn Swink, Retha Whitaker, Debbie Williams and Sheri Graham

Kathy welcomed everyone to this new study.

She shared that she thinks most of us need this study, even those that are retired.

Study Expectations:

We have to focus this work on this ourselves, looking at our own sacred rest.

Everyone will complete each chapter and answer session questions before we have zoom, so we can have good discussion.

Please share your thoughts with each other.

We want to learn about our Lord together.

Please mute your phone (*6 mutes and unmutes the phone).

I will call on someone when we get to the questions.

If you're not prepared to answer, just say pass.

I'm a facilitator, not a teacher.

I'm not going to do all the talking.

A-We all get different things out of what we read.

B-We want to take this opportunity to learn what Sandra Dalton-Smith has put together for us.

I want to continue to ask the lord to open our hearts and minds to this study and pray everyone will get what they need to out of this study.

Lord, we ask you for your guidance and thank you for all those that are here today.

Think about one word for this year instead of resolutions:

Kathy – Praise is my word for the year.

Psalms 90:12 So teach us to number our days, that we may apply our hearts unto wisdom.

Kathy then shared information about the hectic life we each have.

'Pause' is a word we need to consider.

Pause means to hesitate, break, stop interrupt, catch one's breath, hold one's horses, finish, cease, discontinue, quit, let up, knock off. It's a momentary halt in an activity. It

can be a state or an instance of temporary inaction because of uncertainty about the right course of action.

Sometimes we need to pause to say I'm sorry, pray, ask for mercy, reconsider, to slow down, ask for forgiveness.

Prayer: Jan 6, from the Jesus Listens Devotion Book

*My Lord, help me to thank you for everything-including my problems. As soon as my mind gets snagged on a difficulty, I need to bring th matter to You with thanksgiving. Then I can ask You to show me Your way to handle the situation. The very act of thanking You frees my mind from its negative focus. As I turn my attention to You, my difficulty fades in significance and loses its power to trip me up. You guide me to deal with the problem in the most effective way - either facing it head-on or putting it aside for later consideration. Most of the situations that entangle my mind are not today's concerns: I've borrowed them from tomorrow, next week, next month, or even next year. When this is the case, please lift the problem from my thoughts and deposit it in the future - veiling it from my eyes. Then draw my attention back to Your presence in the present, where I can enjoy Your Peace.
In Your perfect name, Amen.*

WHY REST?

"When I am resting because my body is weak, I need to remember that I'm not wasting the day doing nothing. I am doing exactly what I need to do. I'm recovering."

CHAPTER 1 - LIVING THE BURNED-OUT LIFE

SCRIPTURE FOCUS - *Don't burn out; keep yourselves fueled and aflame. Be alert servants of the Master, cheerfully expectant. Don't quit in hard times; pray all the harder. Help needy Christians; be inventive in hospitality. Romans 12:11-12*

KEY CHAPTER QUOTES-

*It takes strength to walk away from good in the pursuit of better.

*Funny how everyone can smell the char of your slow burn except the one standing in the fire.

*Sleep is solely a physical activity. Rest, however, penetrates into the spiritual.

*The most underused, chemical-free, safe, effective, alternative medicine is spelled R-E-S-T.

*Our problem isn't simply a need for more sleep. Our problem is that we are missing the good.

REFLECTIVE QUESTIONS-

1-Peace comes in many forms - what are some of your ritualistic peace activities? When is the last time you did one of these?

Renee - I start the day reading the Bible or devotional; sometimes I set in my hot tub.

2-Lying on the floor is physical submission - for rest, poor health, bad backs, tickling kids, wrestling with the dog. So is it more difficult for you to get down to the floor or get up? Why?

Judy - I have difficult getting down and up.

3-What is your breaking point, trigger point, or personal markers for a longing for rest?

Greg - A lot of times I don't notice how bad I need rest and others have to tell me. I'm 49, and not growing old gracefully. I Am having more and more trouble with the metal in my body.

4-Have you ever experienced peace in the middle of a mental storm? What initiated your peaceful state of mind?

Carol - Yes. I repeat John :16 to myself and say a prayer. I do it gwhen I notice something is wrong; and I repeat this over and over.

5-The metaphors of burned out and kindling and eternal fire are used in the first chapter of Sacred Rest. Which metaphor describes you today - right now?

Carolyn - I'm kindling today. I'm just laying back today after a very busy day yesterday.

6-What is the difference between a sacred sanctuary and a human sanctuary? How might your heart be a sanctuary? What invades that personal heart space What heals that space?

Sheri -A sacred sanctuary is a place set apart from the world, such as a mountain, ocean or beach. It's a place of beauty and peace.

A human sanctuary is a place that helps people overcome adversity and get healing. If you have Jesus in your life, He lives in your heart. Forgiveness, conviction, prayer and Gods mercy help us heal our broken hearts and hurt.

Kathy - When we look back at these questions, they all lead to different types of rest that we are going to talk about. We each have different rest deficits, but the main key is just knowing our Lord.