



abide^{CR}
CONFERENCE

February 17-18
Cedar Rapids

a helpful tool
to prepare your
heart to find

**PEACE.
REST.
JESUS.**

ABIDE GUIDE 2023

PEACE. REST. JESUS.

"Peace I leave with you; my peace I give to you. Not as the world gives do I give to you. Let not your hearts be troubled, neither let them be afraid" (John 14:27).

AbideCR exists to help the people of God step away from the striving and the chaos and the distractions of this life and step into the peace of God's presence.

But maybe God's presence seems intimidating, not peaceful. Journal through those thoughts. Does God seem aloof? Unapproachable? Disappointed in you? If so, then before you can fully experience the peace of God's presence, you need to know you are at peace with Him.

Jesus came to earth to create peace between you and God. Everything He did on the cross on your behalf was just to get sin out of the way so that you could be restored to perfect, peaceful fellowship with God.

What would it mean for you to feel "at peace" with God? Pray through some of the potential barriers that may be inhibiting your friendship with God:

**Unconfessed sin
Lack of trust in God
Fear of the future**

**Misplaced loves/idolatry
Control issues
Regrets of the past**

**Insecurity
Depression
Unforgiveness**

The barriers that keep us from feeling peace with God can be serious and difficult to navigate. Before you come to Abide ask God to help you sort through the feelings that keep you from abiding closely with Him.

Many times these barriers to peace are rooted in lies that we have been believing about ourselves or about God. Ask God to replace lies with truth. And ask for the faith to believe the truth of God.

As you take the time and do the hard work to get honest with God about your relationship, I pray that your heart will be prepared to encounter the peaceful presence of Christ .

"Let us then with confidence draw near to the throne of grace, that we may receive mercy and find grace to help in time of need" (Hebrews 4:16).



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Come to me, all who labor and are heavy laden, and I will give you rest. Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light” (Matthew 11:28-30).

The thing that differentiates the gospel from every other religious teaching is that our salvation is a gift of God, not a result of our works. We don't work to earn God's favor. We don't bring a resume. We don't bring a family pedigree.

Jesus offers sweet rest for your soul. Are you able to really rest?

Rest from your work. Rest from the stress and the striving. Rest from your labor and your burdens, whatever they are. Rest.

Actually stop. Stop with the emails. Stop with the social media. Stop with the endless searching for answers and information. Stop with trying to get ahead at work. Stop with trying to stay afloat. Rest in the perfect, trustworthy provision of God.

Stop earning. You can't earn what you most want anyway. Love isn't earned. It's given freely or it isn't really love. Anything else is a business transaction, not love. And God knows how to really love. Rest in the pure, generous love of God.

Stop fretting. Stop creating mental to-do lists and strategizing meetings and problem-solving difficult relationships. You worry about the kids and your aging loved ones and inflation and retirement and not to mention all the things in the news we are told to worry about. Rest in the perfect care of your sovereign God.

Come to Abide with a hunger for rest. There's no need to rush here. Take your time with the people, with the worship, with the messages, with the meals, with the peaceful space of the Abide Room, and most of all take your time with the Lord. Slow your walk. Slow your breath. Slow your mind. And rest.

**Truly my soul finds rest in God;
my salvation comes from him.
Truly he is my rock and my salvation;
he is my fortress, I will never be shaken.
(Psalm 62:1-2)**



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The Son is the image of the invisible God the firstborn over all creation. For in him all things were created: things in heaven and on earth, visible and invisible, whether thrones or powers or rulers or authorities; all things have been created through him and for him. He is before all things, and in him all things hold together. And he is the head of the body, the church; he is the beginning and the firstborn from among the dead, so that in everything he might have the supremacy. For God was pleased to have all his fullness dwell in him, and through him to reconcile to himself all things, whether things on earth or things in heaven, by making peace through his blood, shed on the cross" (Colossians 1:15-20).

This Jesus. He is supreme. He is the object of our worship and our praise. There is no one like this Jesus. We want to give Him the glory, the honor, the priority He deserves.

Who are the people in your life who have had profound impact on you? Make a list: Parents, Coaches. Pastors. Teachers. Friends. Bosses. Children. Co-Workers. Authors. Musicians.

Anything those people are, Jesus is more. If you've been blessed to have parents who loved you unconditionally, Jesus is that and more. If you enjoyed a coach who taught you and cheered you on, Jesus is that and more. If you had children who gave your life significance, Jesus is that and more. If you have been moved to tears by the words of a poem, Jesus is that and more.

There's not a relationship or a joy or a pleasure in this life that hasn't been thought up by, created by and provided for you by Jesus. There's not a deeper love, a truer friend, a greater hero. He is justice and mercy. King and servant. Warrior and peacemaker. Lion and lamb.

This Jesus. He deserves all praise. He is worthy of every song. Every dollar. Every minute. Come and spend a weekend at the feet of this Jesus.

"Worthy is the Lamb, who was slain, to receive power and wealth and wisdom and strength and honor and glory and praise!" Then I heard every creature in heaven and on earth and under the earth and on the sea, and all that is in them, saying: "To him who sits on the throne and to the Lamb be praise and honor and glory and power, for ever and ever!" (Revelation 5:12-13).

