

Finding Rest & Balance

*Learning to rest and be still can be difficult for most people who are accustomed to the hustle and bustle of life. Most of us have become accustomed to "our" program. In this lesson, God is coaching us to slow down, breathe, and listen for His voice. *Review last week's lesson for week 2.*

SLOW DOWN TO FOCUS

- Do not "break" your trust. Keep your faith and focus on Jesus, the Good Shepherd. He is your target for salvation, breakthrough, peace, and trust.
- To find rest, first you must see that there is a right path for you to take. Knowing your heavenly Father, his love also leads to eternal life with him.

Psalm 23:1-6 "He leads me beside still waters. He restores my soul: He leads me in the path of righteousness for His name's sake." <https://www.bible.com/bible/114/PSA.23.3.NKJV>

Name's sake meaning: One who carries the same name as another.

IT IS AN HONOR TO BE GOD'S CHILD. HE CHOSE YOU.

READ 1 Peter 2:9 A chosen generation...

- Do you identify as His child or feel estranged right now?
- Has your vision been blurry or distorted due to fear of the unknown, sin or past disappointment?

GOD IS THE WAY THAT LEADS TO REST AND RESTORATION.

And the God of all grace, who called you to his eternal glory in Christ, after you have suffered a little while, will himself restore you and make you strong, firm and steadfast. **1 Peter 5:10**

Take a moment to reflect. How can you slow down to focus?

Be sure to join the group Bible plan Wrestle or download previous lessons on our Prayer page!

WRESTLE
REST IN THE WRESTLE
7 STAPLES THAT SETTLE YOUR SOUL

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