



# Finding Rest & Balance

This month we will focus on how to find balance and rest in the midst of busy or distressful times from a biblical and practical perspective.

## ORIGINS:



- **Rest**- cease work or movement in order to relax, refresh oneself, or recover strength.
- **Sabbath** -Hebrew word “Shabbath. Biblically, it refers rest or to cease.

## BIBLICAL EXAMPLES OF REST

**God:** Rested on the 7th day after creation. (Genesis 2:2-3)

**Jesus:** Withdrew to quiet places and prayed. (Luke 5:16)

**The Disciples:** Sat down to rest, sleep and eat after the multitudes.

## HOW DO YOU FIND REST IN THE MIDST OF HARD OR BUSY TIMES?

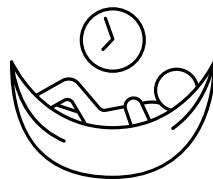


Jesus got up early while it was still dark . (Mark 1:35)

- David sang psalms and worshipped while he was in distress.

## SCRIPTURES TO STUDY ABOUT REST

**Psalms 62:1-2** “My soul finds rest in God alone; my salvation comes from him. He alone is my rock and my salvation; he is my fortress, I will never be shaken.”



**Isaiah 40:28-31** “..He gives strength to the weary and increases the power of the weak. Even youths grow tired and weary, and young men stumble and fall; but those who hope in the Lord will renew their strength.”

**Matthew 11:28-29** “Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls.”

