

THE ART OF  
*Rest*

Weekly Devotional



**EVERY NATION**  
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# DEVOTION

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Rest Restores Our  
Relationship With God



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# REST RESTORES OUR RELATIONSHIP WITH GOD

*"Come, all you who are thirsty, come to the waters; and you who have no money, come, buy and eat!*

*Come, buy wine and milk without money and without cost. Why spend money on what is not bread, and your labor on what does not satisfy? Listen, listen to me, and eat what is good, and you will delight in the richest of fare.*

*Give ear and come to me; listen, that you may live. I will make an everlasting covenant with you, my faithful love promised to David.*

*Isaiah 55:1-3 (ESV)*

The refusal or inability to rest well leaves in its wake a trail of broken relationships; marriages, children and friendships, but most forefront, our relationship with God. We all have what Adam Maybry describes as an “inner murmur”; the voices of doubt, confusion, guilt, shame and so on, which we try to silence by being busy. So often when we are feeling guilt, shame and condemnation, we come to God and say our sorrys and rush into everything we need from him so that we can be better.

# REST RESTORES OUR RELATIONSHIP WITH GOD

"Please help me be patient, help me be wise, help me overcome this sin". In our rush to silence our inner murmur we forget to actually rest in his presence and his unfailing love.

The kind of relationship you have with God is reflected in how you are able to share about him to others.

As we spend quality, real and vulnerable time with God, he deals with our inner murmurs, which opens the way for us to really be present in our other relationships, instead of sticking to the shallows because we're tired or just using them to drown out everything else. And as we spend time with God, we can share about him, because we know him, just like you really know your best friend or your partner.

If we really want to have the kind of relationship with God that we hear others talk about or see in the Bible in people like David or Daniel or Paul, we have to take the time to rest with him.

# REST RESTORES OUR RELATIONSHIP WITH GOD

Reflection:

- What are some of the inner murmurs you have and how do you try to drown them out?
- What does God say about the core roots of your murmurs? How can you apply that and deal with the murmurs?
- How is your relationship with God expressed to others? Does it look real?

Pray:

Father, I want a deep and real relationship with you. I want you to be closer than a brother, a loving father, the lover of my soul. Please help me to make the time to be with you, to just listen, to be truly vulnerable and to pursue you and not programs that make me feel more Christian. Show me your truth and reveal yourself to me more.

Amen



# **D E V O T I O N**

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**Rest Restores Our  
Relationship With Others**



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# REST RESTORES OUR RELATIONSHIP WITH OTHERS

*Dear friends, since God so loved us, we also ought to love one another. No one has ever seen God; but if we love one another, God lives in us and his love is made complete in us.*

1 John 4:11-12 (ESV)

One of the first things we sacrifice in the name of rest is relationships. We're so busy taking time out and disconnecting from all these busy and intrusive things that we completely disconnect from relationships as well. How many times have you removed WhatsApp or cancelled your Facebook or other social media platform because you're tired and want a break?

God never calls us to disconnect relationally though, so there has to be something we're missing. The simple truth is that when we rest in God, we are able to show up in our other relationships better. We can move from shallow relationships that exist to drown out our inner murmurs to real, life-sharing relationships.

# REST RESTORES OUR RELATIONSHIP WITH OTHERS

Rest doesn't call us to stop being relational; rest makes room for relationships.

When we come from a place of resting in God, we can approach other relationships with authenticity. It stops being about image and popularity and it becomes about genuine connection, because we know who we are and whose we are and we're dealing with the inner murmurs that slowly no longer need to be drowned out because God has silenced them.

Reflection:

- Are your relationships more functional than relational? Why do you think this is?
- Are you rushing through relationship moments (for example, putting kids to bed, sitting together to eat a meal, etc)? What happens when you do this?
- How can spending time resting with God help you be more present in your other relationships?

# REST RESTORES OUR RELATIONSHIP WITH OTHERS

Pray:

Jesus, thank you for all the amazing people you have put in my life, for my family and my friends. Forgive me for the times where I have sacrificed my relationship with them in the pursuit of other things. Help me to be present in future and to build authentic, deep relationships with them.

Amen



# DEVOTION

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What Your Rest Might  
Look Like



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# WHAT YOUR REST MIGHT LOOK LIKE

*Therefore do not let anyone judge you by what you eat or drink, or with regard to a religious festival, a New Moon celebration or a Sabbath day. These are a shadow of the things that were to come; the reality, however, is found in Christ.*

Colossians 2:16-17 (ESV)

Rest is going to look slightly different for everyone. You may feel a conviction to follow the principles set down in the Old Testament, and if that's what you feel you need to do, then that's fine. Others may not feel that conviction. The point, as with everything, is Christ glorified. If we are resting, but excluding God from our rest, then we may be doing rest wrong.

Rest can be daily, weekly and yearly. If you can find a 5 or more minute window in your day, outside of your usual devotional time, to rest in God, then that's great. If you can pull off a whole day of rest once a week, then do that.

# WHAT YOUR REST MIGHT LOOK LIKE

Taking a few days off a year or every few years where you can retreat to be with God is a good addition to rest as well. Remember, no matter how it may look, Christ is central.

In his book, the Art of Rest, Adam Maybry gives some ideas of what you can do when you rest:

1. Sleep: There are so many studies out there about how important and vital sleep is. Do what you need to do to make sure you're giving your body what it needs.
2. Read: Reading may not be your thing, but reading God's word is vital to our relationship with God. Take time to read big chunks of scripture.
3. Pray: Talk and listen, unrushed and unhurried.
4. Reflect: How much time do you really ever spend deeply thinking about things?
5. Advocate (doing something not about your work - a hobby).
6. Recreate (a playful activity, like sports, etc)

# WHAT YOUR REST MIGHT LOOK LIKE

7.Eat: God made food and He delights in our delight of His creation. Enjoy something special on your rest day.

8.Sing: Everyone can sing, even if it makes the dogs howl! Have fun, worship God, sing opera in the shower.

Rest is a kind of art and like with every art form, it takes time and practice and some experimentation to find your particular and unique expression.

## Reflection:

- What are some of the things you need to stop doing so that you can rest?
- What are some of the things you can start doing?
- How will you keep Jesus central to your rest, even if it's an activity like sport or a hobby?

# WHAT YOUR REST MIGHT LOOK LIKE

Pray:

Father, thank you that all good things come from you. Thank you for creating a planet filled with things for me to enjoy in your presence. Help me to find pleasure in your creation and mostly, to find pleasure in simply being with you and being your child. Amen

# DEVOTIONAL OUTRO



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# OUTRO

This the last of the Art of Rest Devotionals.

We trust that you have found this helpful and are learning how to truly rest in God. May these times be full of refreshing, strengthening and joy as you learn to trust, anticipate and lean into Jesus.

*All of these devotionals have been based on the book The Art of Rest by Adam Maybry.*

To join a connect group, please contact  
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