

# FOLLOW ME

EXPERIENCING LIFE WITH JESUS



## FOLLOW ME

Part 8: Rest | Matthew 11:28-30

**We will find the deep, soul-satisfying rest we need only in Jesus.**

*"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. For my yoke is easy and my burden is light."* Matthew 11:28-30 NIV

*"Are you tired? Worn out? Burned out on religion? Come to me.*

*Get away with me and you'll recover your life. I'll show you how to take a real rest. Walk with me and work with me—watch how I do it. Learn the unforced rhythms of grace. I won't lay anything heavy or ill-fitting on you. Keep company with me and you'll learn to live freely and lightly."* Matthew 11:28-30 MSG

*"Oh God of peace, who has taught us that in returning and rest we shall be saved, in quietness and trust shall be our strength; by the power of your Holy Spirit quiet our hearts we pray, that we may be still and know that you are God, through Jesus Christ our Lord. Amen."* "The Book of Common Prayer"

## COME

*"Jesus invitation to take up His yoke - to travel through life at His side, learning from him how to shoulder the weight of life with ease. To step out of the burnout society to live a life of soul rest."* John Mark Comer, "The Ruthless Elimination of Hurry"

*"The Man With A Hoe,"* a painting by Jean Francois Millet, 1863

*"The hoe man is the effigy of man, a being with no outlet to his life, no uplift to his soul - a being with no time to rest, no time to think, no time to pray, no time for the might hopes that make us men."* Edwin Markham, "Reflections on the Poem, "The Man With A Hoe," 1898

*"We, for every kind of reason, good and bad, are distracting ourselves into spiritual oblivion. Pathological busyness, distraction, and restlessness are major blocks today within our spiritual lives."* Ronald Rolheiser

## RELEASE

*"Remain in me, as I also remain in you. No branch can bear fruit by itself; it must remain in the vine. Neither can you bear fruit unless you remain in me. I am the vine; you are the branches. If you remain in me and I in you, you will bear much fruit; apart from me you can do nothing."* John 15:4-5 NIV

*"Taking a rest isn't a sign of weakness. Yet our culture whispers the opposite: if we try harder, work smarter, make the right career moves, get that next degree, work overtime, connect with influencers and go for our dreams, we might just live a life of significance. But God declares we are already chose, beloved, appointed, and set apart. He ordered our lives with purpose and intention. We don't need to hustle to prove something God says is already true."* Rebekah Lyons, "Rhythms of Renewal"

*"The yearning for retreat: Can you feel it? That yearning is your invitation. It is the Spirit of God stirring up your deepest longings and questions in order to drive you deeper into the intimacy with God you were created for. Will you trust it? Are you brave enough to let it carry you into the more?"* Ruth Haley Barton, "Invitation to Retreat"

## RECEIVE

"Finding spiritual whitespace isn't about carving out an hour of time to escape the things that stress us. It's the opposite. It's getting away from everything we do to distract ourselves from all the hidden pieces - in order to nurture our soul. It's getting away from the lie that spiritual rest is something we have to work hard at in order to get closer to God. Spiritual whitespace moves us away from making spiritual rest an activity to please God, instead of enjoying His comfort and pleasure. Spiritual whitespace is awakening our hearts to fully receive." Bonnie Gray, "Finding Spiritual Whitespace"

- Are you willing to come and declare your need?
- Are you willing to come and follow not just the words of Jesus but also the pace of Jesus?
- Are you willing to set aside the constant managing of outcomes and instead embrace the reality of your position as loved by God?
- Ask your friend Jesus to give you the grace you need to live His rest full life, experiencing His love, peace and joy, and to carry His rest into all the places of your life.

## RESOURCES:

*"Invitation to Retreat"* by Ruth Haley Barton

*"Ruthless Elimination of Hurry"* by John Mark Comer

*"Crazy Busy"* by Kevin DeYoung

*"Quiet"* by A.J. Sherrill

*"Rhythms of Renewal"* by Rebekah Lyons

*"Finding Spiritual Whitespace"* by Bonnie Gray

*"To Hell with The Hustle"* by Jefferson Bethke

*"Simply Tuesday"* by Emily Freeman

## Discussion Questions (for small groups or the dinner table):



Look at the repeated verbs in Isaiah 55:1-3a. What is God inviting you to do? How will you respond?



Read Matthew 11:28-30 in the Message translation. Ask the Spirit to reveal any disorder in your work and rest life. Is rest difficult for you? Consider the counterclockwise rhythm, an unforced rhythm of grace. Are your work and rest patterns in step with Jesus in this life-giving rhythm?

Think back to your family of origin. What patterns of work and rest did you see modeled? How did this shape you?



Look at your calendar. Schedule times of rest with the Lord daily and weekly.