

Sabbatical Journey, Week 4

What Truly Restores

What are the things in your life that truly **restore you**? [I'm thinking holistically here - physically, emotionally, & spiritually.]

Can you recall times or methods that you hoped would restore, but did little or even made things worse (like a vacation)? What insight does this give you to the question of how to actually restore?

Tucked in Matthew 11 are a couple of verses that merit regular meditation. Read them over several times, carefully, even aloud, to let them sink in. Jot some notes on what stands out to you and things you want to consider more fully.

²⁸ "Come to Me, all who are weary [tired from hard work] and heavy-laden [carrying burdens, including those others dump on you], and I will give you rest.

²⁹ "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.

³⁰ "For My yoke is easy and My burden is light."

Look back at the preceding couple of verses. How do they set the stage for verses 28-30?

The end of v 28 might best be translated "*I will rest you.*" For me, it's the picture of a parent actively working with an agitated or too-tired child to calm them and put them to sleep. Think about that image of God actively resting you.

What is the key thing in your current turmoil or agitation or burden? What would it look like for God to actively rest you in it?

Does verse 30 implies that the only means of rest is removing the load?

Maybe it takes a new perspective, a re-engaged trust, or a recognition that God's purpose at this time is to help you carry it rather than remove it. How is this rest?

How do you see Jesus' yoke as easy and His burden as light?

What is it about your exhaustion or burden that keeps you from rest? How can you bring it to Jesus to find rest?

This week, try making this a daily conversation with God. Look specifically for how He is resting you. (Keep a few notes, otherwise you will too soon forget.)

Interact with at least one other person on this journey. What are you/they learning? What seems unclear or "isn't working"?

Let's go really bold here. How about attempting to memorize these verses! Or if that seems overwhelming, write them on a card or print them off your computer and post them on the refrigerator, the bathroom mirror, and the door you most often go in and out of. When you walk past the postings, stop to read them. Keep them fresh in your mind all day.

When you get to the end of your week, take a couple minutes to evaluate.

What have you learned?

How is your sense of rest different?

Has your perspective change at all on where to pursue rest?

Think about how you can keep the pattern going.