



SOULFUL REST

Week 11 | August 12, 2024

Sometimes, life is hard. It can wear us down and make us *weary* to the point of **despondency**. Here's the Good News though: we serve a God who *longs to* give us **rest**! And it gets even better. His rest is not simply superficial sleep or a lack of physical activity. No, God's rest goes deep into *the core of our being* and **revives our strength** from the inside out. (**Matthew 11:29**)

God's children are tired. They have been fighting for so long and there is *no end in sight* to the battle. They need to **receive** and **experience** God's rest once again. Others, who are not yet a part of God's family, have **never experienced** this rest for the first time. They are still struggling, *trying their hardest* to be, do, and act **good enough** to earn the *love and acceptance* of God and others on their own. They've never received His gift of GRACE and the **incredible peace** that comes with it. (**Matt. 11:28**)

Our prayers are **needed**, now more than ever before. For all those in our lives who are *weary* and carry *heavy burdens*, pray that they would experience God's rest that:

1. **RESTORES**: to be made *whole*; to completely *heal* or *repair* (**Psalms 23:3**)
 - a. **NOTE**: This life takes a toll on **our hearts** over time. We all *have been* and *will be* wounded, that's a simple fact of life for believers and unbelievers alike. Left untreated, these wounds can and will **drain us** of *energy, passion, and stamina* like gaping bullet holes in the chest. Pray for God to bless us with His restorative rest so that we might be **made whole** and **healed entirely in Him**. (**Psalms 41:3**)
 - i. **For Ex.** "Lord God, thank You for the rest You have offered that not only *repairs our bodies* but **heals our hearts**. I ask that You bless us with the rest of restoration so that all of our wounds, both those which are *self-inflicted* and those *caused by others*, might be **mended completely**. Lord, we are broken without You. We need to be **made whole** by You and *in You* this day."
 1. **REMEMBER**: Jesus wants **into our hearts** in order to heal them, but we still have to *let Him in*. (**Revelation 3:20**)
2. **REFRESHES**: to be given new *strength* or *energy*; to *reinvigorate* (**Proverbs 16:15**)
 - a. **NOTE**: God's rest grants us more than just **endurance**— the ability to keep going when things get tough. It also gives us a supernatural NEW **strength** and a FRESH **energy** as we *pursue* the things that please Him! Like a runner in a marathon given a bottle of water, God's rest grants us **that boost** we need when we've run out of gas. Ask the Holy Spirit to *encourage* God's people as they seek His will and pray for the **humility** to *trust Him* in the tiredness so that we might soar high on eagles' wings! (**Isaiah 40:31**)
 - i. **For Ex.** "Dear Lord, I thank You for the **endurance** and **perseverance** You have given us to make it this far. In addition, please also refresh us with *new strength* and a *reinvigorated spirit*. Show us **Your favor** as You reignite the *passionate fire* within that we might **pursue Your will** with an *intense devotion*."

1. **REMEMBER:** If you truly want to be refreshed, *be a refreshment* to others and watch as God's **law of the harvest** does the rest. (**Proverbs 11:25**)
3. **RENEWS:** to bring back a *youthful* appearance/attitude; to *rejuvenate* (**Psalm 51:10**)
 - a. **NOTE:** Sometimes life feels *dull, stale, and boring*. We often look and act like dead men walking, just **plodding along** one day at a time until we finally punch the clock and meet our maker. But that's **not** how God intended for us to live. His **desire** for us and His **purpose** in sending Jesus was that we might have an ABUNDANTLY NEW life full of *purpose, passion, and adventure*. Ask God to grant us **His perspective** on life as He *rejuvenates our minds* through renewing rest. (**2 Corinth. 5:17; Rom. 12:2**)
 - i. **For Ex.** "Father God, I thank You for the *tremendous lengths* You have gone to in order to offer us **new life**. As we rest in You and what You have done, would You please renew our *bodies, minds, and souls* as we learn to see and think from Your perspective? Please take us back to the love we had **initially**, giving us again the *childlike faith* needed for salvation and sanctification."
 1. **REMEMBER:** If Satan can't steal *your life*, he will do everything in his power to rob it of **greatness**. (**John 10:10**)

Questions for Reflection:

- What area of your life do you need to **let God into** for healing?
 - Don't fear the pain that comes with it, the cure is *worth the discomfort*.
- Where have you **settled for endurance** instead of new strength?
 - Don't forget: God doesn't just want you *to survive*, He wants you to THRIVE!
- Have you lost your "**new car smell**" as a Christian?
 - God hasn't changed and neither has your new heart. *Repent* and *turn back* to Him and He can restore what you have lost.