

Rest and Replenish God's Not Done - Part 3

"Elijah replied, 'I have zealously served the Lord God Almighty. But the people of Israel have broken their covenant with you, torn down your altars, and killed every one of your prophets. I am the only one left, and now they are trying to kill me, too.'"

1 Kings 19:10 (p.277)

"Go out and stand before me on the mountain,' the Lord told him."

1 Kings 19:11 (p.277)

"And after the fire there was the sound of a gentle whisper." 1 Kings 19:12-13 (p.277)

- **Sometimes The Most Spiritual Thing You Can Do Is Rest.**

1. Stand before God.

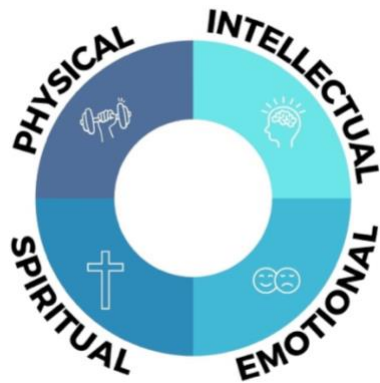
"Don't copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think. Then you will learn to know God's will for you, which is good and pleasing and perfect." Romans 12:2 (p.866)

2. Make a weekly Sabbath a priority.

"On the seventh day God had finished his work of creation, so he rested from all his work. And God blessed the seventh day..." Genesis 2:2-3 (p.4)

"Remember to observe the Sabbath day by keeping it holy." Exodus 20:8 (p.59)

3. Develop a daily discipline of renewing your energy.



"For you are my hiding place; you protect me from trouble. You surround me with songs of victory. Interlude" Psalms 32:7 (p.427)

"Yet I will preserve 7,000 others in Israel who have never bowed down to Baal or kissed him!" 1 Kings 19:18 (p.277)

"I am leaving you with a gift—peace of mind and heart. And the peace I give is a gift the world cannot give. So don't be troubled or afraid." John 14:27 (p.824)

My Next Step This Week: I will prioritize rest by pressing into #____