

NOT | BUT WHERE | WHO

Giver of Rest 12/12/2021

OVERVIEW

If you have ever read the beginning of Lamentations 3, more than likely you can probably relate to it. We all have moments where it seems like life has thrown us a curve ball and we feel the heaviness of this world. But Jeremiah finds refuge and hope in God as he quietly sits at His feet. Are you allowing yourself space to receive the hope and sustaining power of Jesus?

Scriptures: Lamentations 3:2,4,5,8,17,20,21-26; Exodus 20:8-11; Matthew 11:25-30; Luke 4:16; Psalm 23.

APPLICATION

- As you listened to Lamentations being read, in what ways did you identify?
- On a continuum of 1 (not busy) to 10 (being really busy), where would you put yourself, and why?
- What has your attitude been towards Sabbath previously?
- How have you practiced Sabbath in the past?

NEXT STEPS

Focus your attention on the **who** of Jesus: He is the giver of rest!

- Pray first. Ask God to speak to your heart about what He wants to teach you about Sabbath.
- Then, this week pick a day or part of a day that you will practice Sabbath. Give God space to speak to you.