



## Recharging Your Battery: Why We Need Rest (and How to Get It)

Read Exodus 20:8-11 and Genesis 2:2

Listen to the Message 'Recharging Your Battery: Why We Need Rest (and How to Get It)' (3<sup>rd</sup> March 2024) at [www.elim.family/media](http://www.elim.family/media)

We often neglect rest, even as Christians, in the whirlwind of daily life. Yet, the Bible, right from the beginning, emphasizes its importance. After creating everything, God himself rested, demonstrating the inherent value of taking a break. The Hebrew word used for "rested" in Genesis implies not just physical inactivity, but stopping, ceasing, and being complete. In a world that constantly pushes us to be better, rest offers the space to be fully ourselves in God's presence.

Furthermore, God didn't just hint at the importance of rest, he enshrined it as a commandment. The call to keep the Sabbath holy highlights the vital role rest plays in our lives. This isn't simply an outdated rule, but a reminder of the consequences of neglecting it. Just as we wouldn't expect a car to run forever without refueling, neglecting rest leads to burnout and stress, taking a toll on our mental and physical well-being.

However, true rest goes beyond mere physical inactivity. It's about finding rest in God, a state of peace and renewal that comes from connecting with him. This can be found in various ways, from spending time in nature to engaging in prayer, serving others, or pursuing activities that draw us closer to him. Resting in God refreshes our souls, allowing him to work in our lives and guide us with renewed perspective.

Learning to truly rest requires unhurrying our souls. We often confuse slowing down with simply stopping, leading to frustration when we still feel the busyness swirling inside. Unhurrying involves calming our minds, letting go of anxieties, and creating space for genuine peace. This may also involve learning to say no, even when people-pleasing tendencies make it challenging. Balancing work, church, family, and our relationship with God requires prioritizing rest to avoid burnout and find the strength to "enlarge, stretch, lengthen, and strengthen" ourselves and those around us.

### Questions for reflection:

1. How do you define "rest" in my life? Is it solely physical inactivity, or does it encompass other aspects as well?
2. Have you been neglecting rest lately? What are some signs that you might need to prioritize rest more?
3. Do I feel pressured to constantly strive for more, both within myself and in comparison to others? How does this pressure affect my ability to find rest in God?

4. What are some activities that help me connect with God and find peace within myself?
5. Do I struggle with saying no to commitments when I need to prioritize rest? What steps can I take to overcome this?
6. How can I create a better balance between work, church, family, and personal time to ensure I'm getting enough rest?

#### **Group Discussion Questions:**

1. Share your personal definitions of "rest." How do these definitions differ or align?
2. Discuss the concept of "resting in God." What does it look like in practice, and how can we support each other in achieving it?
3. Have you experienced the consequences of neglecting rest in your own lives? How can we learn from these experiences and support one another in prioritizing rest?
4. What resources or practices have been helpful for you in finding peace and slowing down.
5. How can we commit to holding each other accountable for prioritizing rest and creating a more supportive community around this important need?

If you have never accepted Jesus as your personal saviour and you would like to move from the margins to having a relationship with Him. Please speak to one of the pastors or leadership team, we would love to pray with you. Alternatively, go to [www.elim.family/ihavedecided](http://www.elim.family/ihavedecided) to find out more about giving your life to Jesus.