

## **Sabbatical Journey, Week 9**

### **Peace and Rest**

We are nearing the end of this journey. Take a few minutes to think back over the previous 8 weeks.

What have you found most helpful in your journey?

Where are you most excited about what this has inspired in you?

If you haven't already, share one of your discoveries with someone that you think might be encouraged and benefited by it.

This week we'll explore another companion of rest. When we are in distress, we lack rest. When we're agitated, we tend to avoid the good habits and practices of sabbath. Finding God's peace typically brings rest to our spirit and feeds the process of sabbath.

Read the following passages and think about their implications for sabbath and rest. Use the questions that follow to reflect on each passage.

Philippians 4:6-9

Psalms 4:1-8; 55:16-18; 119:165

Isaiah 26:3-4

John 14:25-27; 16:33

1 Thessalonians 5:23-24

What words in this text communicate the concepts of peace and rest?

How are they connected? What does that indicate for the pursuit of rest?

Can you rest without peace? If so, how? If not, why not?

How much of rest depends upon us? What is God's part? How do you practically bring these together in your life?

Where do you lack peace right now? How do these verses counsel you? What response do you want to make?

Finalize your journey reflecting on these questions:

If you were to share the way these studies have most impacted you, what would you say?

Is there a specific way(s) that you want to take this practice into the coming days?

Most assuredly the Spirit has prompted thoughts and responses for you that go well beyond the questions and passages suggested. Write down one or more so that you have a record of them before they fade away.

What comes next for you in the quest to know God's rest and/or cultivate a practice of sabbath?