

# June Development Guide

## SUBJECT: REST IN HIS PRESENCE



**Key Verse: Hebrews 4:9-11 (NLT) - “So there is a special rest still waiting for the people of God. For all who have entered into God’s rest have rested from their labors, just as God did after creating the world. So let us do our best to enter that rest. But if we disobey God, as the people of Israel did, we will fall.”**

In the Bible, “rest” means “cease, sit still, loss of time.”

Many Christians struggle with rest. Although it is one of God’s top ten commandments, we treat it as something we can opt in or out of if we so choose.

One of our Core Values is “Surrender to the Holy Spirit.” When we do not know how to rest, we struggle to surrender and have a personal relationship with the Holy Spirit—and we rely on His voice to teach, lead, and edify us.

### FOUR WAYS TO FIND REST

#### 1. R – Relentlessly pursue the right things.

- a. Relentlessly pursuing the right things means you are “saying yes” to the right things.
- b. How do you relentlessly pursue the right things for you (and your family)?
  - Review your schedule.
    1. Do you have enough time for God, your family, and yourself?
    2. Pray about what God is calling you to do and eliminate the things that need to go.
  - Don’t overcommit your family.
    1. Do you prioritize spiritual things the same as all those other commitments?
    2. Are you showing your children that God comes first, then everything else?
  - Focus on what God has called you to do.
    1. Stay focused on God’s plan for you, and do not get distracted by what others around you are doing.

#### 2. E – Energize in His Presence.

- a. Rest is less about stopping and more about resting and refreshing in the presence of God.

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- b. You may need to change things up to get a fresh anointing or perspective.
    1. Evaluate your daily time with God. Do you need to change it up?
    2. How is your prayer life? What can you do differently?
    3. Are you listening to that same worship playlist on Spotify, YouTube, etc.? How can you change it up this week?
  - c. Matthew 11:28-30 says, *“Come to me, all you that are weary and are carrying heavy burdens, and I will give you rest. Take my yoke upon you, and learn from me; for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light.”*
  - d. It’s hard to live out the value of surrendering to the Holy Spirit when we don’t know how to spend consistent time in God’s presence. When we do, we can surrender our lives and agendas to God and be led by the Spirit.
- 3. S – Stillness. Many of us struggle to be still before God.**
- a. Psalm 46:10 – *“Be still, and know that I am God.”*
  - b. Learn to shut down our minds and be still before the Lord.
  - c. Personal Challenge
    - Over the next seven days, spend at least five minutes a day being still before the Lord. Don’t ask Him for anything; instead, just rest in His presence.
    - Challenge Number 2: Eliminate some of the distractions in your life. Examples of the distractions to eliminate:
      1. No social media for a week.
      2. Turn off the banner notifications on your phone.
      3. Set up “Do Not Disturb” on your phone to begin a particular time every day. If someone calls, texts, or emails you, you don’t see it.
      4. Only schedule to be away from your home two nights a week.
- 4. T – Take your Sabbath.**
- a. How are you doing with your Sabbath?
  - b. We’re not burned out because we are doing too much. We are burned out because we don’t know how to say yes to the right things and Sabbath.
  - c. Some of us are motivated by fear. Instead of trusting in God, we have put our trust in our abilities and wealth.
    - Hebrews 4:9-11 (NLT) – *“So there is a special rest still waiting for the*

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*people of God. For all who have entered into God's rest have rested from their labors, just as God did after creating the world. So let us do our best to enter that rest. But if we disobey God, as the people of Israel did, we will fall."*

### CONCLUSION

- If you feel overwhelmed, burdened, or like you can't catch a breath, look at the REST acronym and ask yourself which one of the four you need to work on this week. Make a plan and do it!
- God wants us to live full lives, which means that we know how to rest well.

### REFLECTION QUESTIONS:

1. What were your biggest takeaways from this teaching?
2. Look at the REST acronym; which one do you need to work on this coming week?
3. What are your next steps or action steps as a result of listening to this teaching?

### GROWING DEEPER

1. [Sabbath, the Only Command Christians are OK with Violating - Robert Morris](#)
2. [#struggles: Part 5 - "Rest" with Craig Groeschel](#)
3. [Take the Day Off - Pastor Robert Morris](#)
4. [Learn How to Rest in God's Goodness with Rick Warren](#)
5. [The Keys to Peace - Joyce Meyer](#)