



## ▶ DAILY DEVOTIONAL.

**Saturday/Sunday, 8/25-26/18**

**“Simplicity: Rest”**

**Mark 6:31-31 (NIV)**

*“Then, because so many people were coming and going that they did not even have a chance to eat, he said to them, ‘Come with me by yourselves to a quiet place and get some rest.’ So they went away by themselves in a boat to a solitary place.”*

**Family Activity:** Rest is something that can be done individually and as a family. Set aside some time to connect as a family to do a peaceful activity. You could put on some music and color together. You could set blankets outside and gaze at the clouds or stars. Sit down and read a story at a different point in your day. Whatever you decide, focus on having a peaceful mind. Don't worry about the outcome of the activity. Just focus on being together as a family.

**Monday, 8/27/18**

**“Rest Is Holy”**

**Exodus 20:11 (ESV)**

*For in six days the Lord made heaven and earth, the sea, and all that is in them, and rested on the seventh day. Therefore the Lord blessed the Sabbath day and made it holy.*

- God rested, which means God literally did nothing on the seventh day. It's amazing to me that this is the day that God chose to set aside a day of rest to call it holy. Why do you think God did that?
- I find myself imagining what was so holy about the resting of God. Was God fishing? Playing a good card game? What is your idea of holy rest and how does it contrast from a cultural view of rest?

**Prayer:** God of the sabbath, help me to understand the concept of rest. I want to know what it means to rest from work, from school, as a family and as a church. Help me to create an environment where we make rest a priority and it is made holy.

**Tuesday, 8/28/18**

**“Rest Is a Gift”**

**Mark 2:27-28 (NRSV)**

*Then he said to them, “The sabbath was made for humankind, and not humankind for the sabbath; so the Son of Man is lord even of the sabbath.”*

- Keeping the sabbath day is one of the ten commandments, which makes it seem like a requirement to serve God. This passage flips that. God does not need us to recognize the sabbath. God gives the sabbath so that we may find rest. It is a gift. How does this understanding of sabbath inform your faith?
- Sabbath is a gift for all of humanity. All people deserve to find rest yet we live in a world where many seek it. People in poverty or those who live in violent areas come to mind. As members of the church and the body of Christ, how can we be agents of Christ to help others find rest?

**Prayer:** Giving God, I thank you for the precious gift of rest. You set it aside and made it important not for Your wellbeing but my own. Help me to cherish the moments in life where I find rest. Help me to be an agent in the world to find rest for those who so desperately seek it. It is in the name of Jesus I pray. Amen.

**Wednesday, 8/29/18**

**“Rest Is Fleeting”**

**Lamentations 5:5 (NRSV)**

*With a yoke on our necks we are hard driven;  
we are weary, we are given no rest.*

- The Israelites are lamenting to God because they have been conquered by the Babylonians and dispersed throughout the land. They are weary. They are broken. They can't find rest. Sometimes our lives feel this way. It's as if we have been conquered by life. No matter how hard we strive, rest seems to escape us. How rested do you feel at this current moment in your life?
- It's important to remember that this was only a season for the Israelites. It was difficult to get through, but rest did eventually come their way. It may be coming your way too. What would it look like for you to find rest in your life? How would things be different?

**Prayer:** God, I cry out to you. I lament on behalf of my restless soul. Help me to find rest amongst all the challenges of life. Help my friends, family, church and community do the same. I long for the day where all people can find rest.

**Thursday, 8/30/18**  
**“Rest Is Life-Giving”**  
**Proverbs 14:30 (NIV)**

*A heart at peace gives life to the body,  
but envy rots the bones.*

- I often associate words like peace and tranquility with rest. It is in those peaceful moments with God we can find true rest for our souls. What were times in your life you felt the most at peace?
- In this passage of wisdom literature, we learn that peace gives us life, but envy leads to decay. When we envy, we want what we do not have. I think about things as simple as unsent emails. I am so at peace when I am caught up on email. The problem is it doesn't happen very often no matter how badly I want it. What are things in your life you are wanting that may be taking away from your ability to find peace?

**Prayer:** God of peace, give me this day my daily bread. Give me no more. Give me no less. Help me to be at peace with what I have because in You, I lack nothing. Amen.

**Friday, 8/31/18**  
**“Finding Rest”**  
**Jeremiah 6:16 (NIV)**

*This is what the Lord says,  
“Stand at the crossroads and look;  
ask for the ancient paths,  
ask where the good way is, and walk in it,  
and you will find rest for your souls.  
But you said, ‘We will not walk in it.’”*

- God offers a path to find rest, but the Israelites decide they “will not walk in it.” I don't think they made that decision intentionally. I believe they found value in other things than in God. They sought after rest in other places. What things in life have offer the promise of rest, but fail to do so?
- The path to rest is following the “good way.” In Micah 6:8 we read, “He has showed you what is good. And what does the Lord require of you? To act justly and to love mercy and to walk humbly with your God.” What role will God and the church play in helping you to live according to the “good way?”

**Prayer:** God of rest, lead me to the good path. Order my steps to fall in line with your perfect will. Pour out your grace upon me so that I may be perfected in love. Amen.

***This week's devotions were written by  
Pastor Britton Fields (bfields@plattewoodschurch.org).***