

R.E.S.T.

Tools needed: Bible, journal, pen, prayer list, time. *Set aside 30 minutes.*

So often we find ourselves waiting for the next thing. The next break, the weekend, sleep. Could it be that we are working *for* rest and not *from* it? Use this outline to take a break from the business of life. Read through each word and write down which area is easiest for you to do, and which one you need to work on:

Retreat – Get away for time with God in silence and solitude.

Enjoy – Spend time enjoying God. The goal of the Sabbath, according to the rabbis, is to delight in God.

Stop – Sabbath means to stop or cease. By detaching from what we normally engage in, we are reminded that God is God, and we are not. You may think you can't break away from work for an extended period of time, but God will honor your rest. He was in control before you came on the scene and will be in control long after you're gone.

Talk – Devote time to conversing with God, but don't speak the entire time. Sit and listen to God. Sitting and waiting on the Lord.



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Elements of Daily Reset

Change doesn't happen overnight - it requires good habits. Take time every day to reset and realign yourself with God. *Take this time to be free of distractions. Set aside 20-30 minutes.*

Relationships – When our relationship with God is aligned, our relationships with others will be affected positively.

- 1) God: Is there any unconfessed sin in my life? Is there something You are leading me to do that I haven't done?
- 2) Others: Have I wronged anyone? Do I need to ask forgiveness for something I've done?

Environment – Notice your surroundings. Sit in silence and enjoy God's creation. Scripture tells us, "The heavens declare the glory of God, and the sky above proclaims his handiwork" (Psalm 19:1). With childlike wonder, sitting on what God has made.

- 1) Eyes opened: Look at God's creation.
- 2) Eyes closed: Listen to God's creation.

Scripture – This is the center element of your Daily Reset, just as it should be the center of our lives. Meditate on a scripture you read that morning -- from memory if you can. Ruminates on certain words or recite certain phrases. Ask the Lord to apply to your life.

Emotions – Ask yourself: Am I harboring negative thoughts in my head? Am I fearful, worrying, or anxious about anything? Do you have any stress or tension anywhere? Take this time to address your mental and physical state and offer to the Lord so you can be best used by Him.

Thankfulness – As you come out of your Daily Reset, name one or two things you are thankful for today. Don't be vague. Name specific things you are grateful for.



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