

Jesus Rests So You Can Too

Slowing down and settling into God means stepping off the treadmill of constant doing to simply *be* in His presence. It is about trading the anxiety of rushing for a gentle rhythm of trust, allowing your heart to catch up with God's peace and going at God's pace.

Embracing this slower, grounded pace involves a few intentional shifts:

- **Eliminate the hurry:** Stop trying to control every outcome. Accept your human limits and trust God with the things you cannot change.
- **Prioritize rhythm over routine:** Set aside unhurried moments for sacred rest, such as sitting quietly in the morning or taking a walk without your phone to appreciate creation.
- **Practice breath prayers:** Take a few moments each day to inhale deeply, exhale your stress, and silently center your mind on His character.
- **Let go of perfection:** Remember that God is not disappointed in your pace. He desires connection with you over a checklist of tasks.

To further explore how to cultivate these rhythms of quietness and peace in your daily life, I suggest you read the [Jesus Rests, So You Can Too](#) guide (click on the title to go to the article on line) Here are a few excerpts from the article/guide to wet your appetite and to encourage you to click on the link and read it:

“Rest is any time we choose to let ourselves stop working. Which of course, leads us to another question: What is work? When we think of work, our minds often jump to our job—the things we do to get paid. But work is more than just what we do to pay the bills. Work is anything we do that provides order, structure, maintenance, or predictability in our lives. “

3 Myths About Work and Rest

Myth #1: Rest is a reward for hard work.

The first page of the Bible tells the story of God making the world. On one of the days, God made people, and the next day was a day of rest. So humanity's very first day was a day of rest. They didn't work for it, and they didn't need to earn it.

Myth #2: Work defines your worth.

Your worth doesn't come from good grades, performance reviews, titles, or having well-behaved children. Your worth comes from God's view of you. He loves you just as you are, and calls you a valuable child of His

Myth #3: Rest is a sign of laziness.

So many of us were raised with the toxic belief that rest equals laziness, and lazy people fail in life. But it's the other way around. Regular rest improves our memory, problem-solving skills, and concentration. It also gives us the ability to focus on other areas of life that are equally as important as work. When we rest, we care for our whole selves. So as we practice self-care, we'll often find ourselves with a higher level of productivity when it's time to focus on work. In fact, Jesus specifically invited His disciples to rest during a busy time of ministry

Jesus Prioritized Rest

Jesus got a lot done in His three years of ministry. He traveled, taught, and performed countless miracles. But He still prioritized rest.

*... the news about [Jesus] spread all the more, so that **crowds of people came to hear him and to be healed of their sicknesses. But Jesus often withdrew to lonely places and prayed.*** Luke 5:15-16 NIV

Think about what this passage is saying. Many hurting people wanted to hear Jesus speak and receive healing from Him. Yet Jesus took time out from some of these encounters to spend time alone with God instead.

More people could have had life-changing experiences with Jesus, but Jesus knew when to stop. And we know that Jesus never did anything wrong. So when He sacrificed productivity and opportunities to help others—in order to rest—it was a good thing. Why? Because Jesus Needed Rest. Jesus, while fully God, is also fully human. In His humanity, He could have fallen into burnout during His physical ministry on Earth.

Burnout happens when we consistently choose work without taking time to reflect and recharge. Burnout doesn't happen overnight. Instead, it's the result of forming a habit of hustling without prioritizing rest. Jesus knew that you can only be as helpful as you are healthy, so He set boundaries on His time and purposely slowed down. All humans need rest, so it was true of Jesus too while He was on earth. He knew His ministry would be more effective if He spent a portion of His time resting. To Jesus, rest was worship. It was a physical way to display His trust in God. He brought some of His potentially productive hours as a sacrifice to God as a way of saying, "You're in control;

I'm not. So I don't need to fix every problem and complete every task. I can rest in You."

These are just a few key points from this excellent article. I strongly suggest taking time to read it in its entirety. Here again is the link

<https://finds.life.church/jesus-rests/>

There is so much good information here I may quote more of it again next month. If you read it please let me know what you think!

Credit to Sam Larrabee, author of Jesus Rests, So You Can Too. Here's How to Start Slowing Down

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