



Getting Started

Where do you find peace in your life? When do you feel centered?

Christian thought says we ultimately will struggle to find peace in ourselves. And we can't rely on others to find it for us. But it can come from God.

This guide will discuss what sabbath or rest means for us as human beings today. Everybody finds peace and chooses rest differently, some of us possibly not enough. We have lots to learn from one another on this topic.

In today's frantic world, what is your sanctuary?

Elijah was a prophet of God and he wasn't very popular. After he called down fire from heaven in a competition against priests of another god, he found himself chased by the authorities at the time. But God found him in the cave where he was hiding.

"The LORD said, 'Go out and stand on the mountain in the presence of the LORD, for the LORD is about to pass by.' Then a great and powerful wind tore the mountains apart and shattered the rocks before the LORD, but the LORD was not in the wind. After the wind there was an earthquake, but the LORD was not in the earthquake. After the earthquake came a fire, but the LORD was not in the fire. And after the fire came a gentle whisper."

1 Kings 19:11-12, NIV

"...speed has become our core competency, our core identity. We do not know what powers we would be left with if we stopped doing what we were doing in the busy way we were doing it... If we stopped, we would have to sojourn in areas that have nothing to do with getting things done but everything to do with being done to ourselves."

David Whyte

"No matter how many planners I bought, none of them told me when I had done enough."

Barbara Brown Taylor

Choose one

Describe what resting or peace looks like for you.

What is something that you have let go of in your life that has brought peace?

Where is a place you go to find peace – a forest, the ocean, an empty church?

Why do you have the beliefs you do on rest? What beliefs did your parents instill in you on this topic?



Where do we find peace?

One of the most recognized passages in the Bible is Psalm 23 (KJV) where the psalmist compares God to a shepherd. It is about God leading us to water. It is God making us lie down. It is about peace in the midst of trial. In the King James Bible, the poetry and imagery captures the psalm particularly well.

*"Come to me, all you who are weary and heavy laden,
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."*

Matthew 11:28-30

1 The LORD is my shepherd; I shall not want.
2 He maketh me to lie down in green pastures:
 he leadeth me beside the still waters.
 3 He restoreth my soul:
he leadeth me in the paths of righteousness for
 his name's sake.
4 Yea, though I walk through the valley of the
 shadow of death,
 I will fear no evil: for thou art with me;
 thy rod and thy staff they comfort me.
5 Thou preparest a table before me
 in the presence of mine enemies:
 thou anointest my head with oil;
 my cup runneth over.
6 Surely goodness and mercy shall follow me
 all the days of my life:
and I will dwell in the house of the LORD forever.

Psalm 23:1-6

Where's your green pasture?

What is binding you at the neck and weighing you down?



Going Deeper

"I have come to realize more and more that prayer is just being in the presence of one who loves you deeply, who loves with a love that will not let you go, and so when I get up in the morning I try to spend as much time as I can in the sense of being quiet in the presence of this love. It's like I'm sitting in front of a warm fire on a cold day. I don't have to do anything. All I have to do is be there. And after a while, I may have the qualities of the fire change me so I have the warmth of the fire. I have the glow of the fire, and it is so also with me and God. I just have to be there, quiet."

Desmond Tutu

Choose one

What thoughts come to you in the silence?
What is the whisper that you hear?

Who do you know who is at peace?
What's their secret?

Imagine that there was a God that was too good to be true. What would that God be like?

The Journey Ahead

Spend a week only praying thank you—no requests—and see what happens.

Make a pact with a group of friends to take a smart-phone-free day. Get together that night to talk.

Take a Sabbath day once per week for a month. What thoughts bubbled to the top? Who are you and where do you find your value if you don't do anything?

To Learn More



Freedom of Simplicity by Richard J. Foster

The Sabbath by Abraham Joshua Heschel

Sabbath as Resistance: Saying No to a Culture of Now by Walter Brueggemann

Sabbath: Finding Rest, Renewal, and Delight in Our Daily Busy Lives by Wayne Muller



How Is Jesus Our Sabbath Rest?

GotQuestions.org or

<https://www.youtube.com/watch?v=wj69iuf-hzhw>



7 Work Habits Millennials Need to Break ASAP! by Isabel Thottam <https://www.glassdoor.com/blog/7-work-habits-millennials-need-to-break-asap/>



Happiness by Dr. Robert Puff

<http://www.happinesspodcast.org/tag/peace/>