



True Rest:

The Gift of God's Presence

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"My presence will go with you, and I will give you rest."
Exodus 33:14



Thou hast created us for Thyself,
and our heart is not quiet
until it rests in Thee.

- AUGUSTINE

1. How does knowing that Adam and Eve's first full day on earth was a day of rest in God's presence shape your understanding of the importance of rest?

2. The Lord said to Moses, "My presence will go with you, and I will give you rest" (Ex. 33:14). The Lord offered His presence as a resting place for Moses as he struggled with the huge task of leading God's people to the promised land. How does God's presence offer us rest in the difficulties and burdens of life?





3. We may value serving God more than resting in God's presence; however, our rest is meant to be part of the rhythm of our lives as we live for His glory. In Luke 10:38-42, Martha was overwhelmed in her serving and Jesus commended Mary for resting as a disciple at His feet. How can a healthy amount of work and rest glorify God, and how do rest and worship weave through our daily lives to keep us in balance?

4. Although we are not under law and do not observe the Sabbath as the Jews did in Old Testament times, the principle of Sabbath rest enables us to serve God with a quiet heart. What misconceptions (e.g., rest is unproductive or selfish) prevent us from engaging in the rest that God desires for us?



5. We live in a broken world where we regularly experience sin's pain and trauma. How can you nurture a rhythm of spiritual rest to support your restoration and healing?





6. Paul was comforted by companions such as Titus. We learned from Heather the importance of social rest and discovered that we need to find people who will refresh our souls. In the past few years, some have felt particularly isolated and alone. How can we build stronger face-to-face, restorative relationships?



7. In Psalm 8, David enjoyed creative rest while looking at the night sky. What creative pursuits help you to relax in the presence of God (enjoying nature, music, or art, etc.)?



In place of our exhaustion and spiritual fatigue God will give us rest.

All He asks is that we come to Him...that we spend a while thinking about Him, meditating on Him, talking to Him, listening in silence, occupying ourselves with Him - totally and thoroughly lost in the hiding place of His presence.



- CHUCK SWINDOLL

