

Rest

– for the rest of us

Reflection Guide

When life demands 24/7 attention, you may find it impossible to rest. We live in a fast-paced world. It doesn't slow down, so why should you? With an engaging narrative, this book provides a refreshing and informative take on the subject of sabbath rest. It speaks to anyone looking to renew their sense of joy and find options for coping with life's pressures.

Commanded

NOTES:

1. How do you measure up in regard to keeping the command of sabbath rest?

2. What would make sabbath truly a day of delight for you?

3. What is your view about living a life with all work and no play?

CHAPTER THREE

Slowing

1. Have you developed the habit of meeting alone with God each day?

2. What steps do you need to take to slow down in your life?

3. Make a simple action plan that includes time alone with God to read his word and listen to his voice.

4. Learn to embrace patience in all your relationships.

NOTES:

CHAPTER TEN

So What?

NOTES:

1. What is your sabbath plan? Consider writing out your thoughts on the matter.

2. God is calling you to rest. What does that look like to you?

3. What are some significant takeaways from this book for you?

Additional Reading

War Cry: War Cry is a monthly magazine devoted to sharing the love of God without discrimination and representing The Salvation Army's mission of serving human need. War Cry represents the Army's mission through news, profiles, commentaries, and stories. It looks to bring people to Christ, help believers grow in faith and character, and promote redemptive cultural practices from the perspective of Salvation Army programs, ministries, and doctrines.

Peer: Peer is a Salvation Army youth publication for 16 to 22 year olds. By addressing topics related to faith, community and culture the mission of Peer is to ignite a faith conversation that will deepen biblical perspective, faith and holy living. "Peer" is your equal—a dependable companion as you journey through high school and college. It presents a new community—your Peer community.

Word & Deed: Word & Deed is a journal whose purpose is to encourage and disseminate the thinking of Salvationists and other Christian colleagues on matters broadly related to the theology and ministry of The Salvation Army.

