

PART 1: Intentional Rest

DATE: 05-14-2023

START

Life is fast and can often feel restless. Life can feel restless because of anxious personalities, or often because of the situations and choices that we make.

- How does your personality affect a sense of restlessness within you?
- What choices have you made that have led to your life feeling restless?

READ

[Mark 1:35](#) (NIV)

Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where he prayed.

THINK

We must be intentional with our rest and not allow the hustle of life to control us. We are intentional by balancing pouring into people and letting others pour into us. We are intentional when we realize that perfection isn't possible. We are intentional when we prepare & plan. And we are intentional when we find peace in the presence of Jesus.

- Who is pouring into you as you pour into others?
- What areas in life do you need to release from the bonds of perfection?
- How can you better prepare & plan for rest?
- How are you intentionally seeking being in God's presence?

PRAY

"God, when life is restless, draw me into your presence. Help me to see what I need to let go of to slow down, and help me to rest in your presence this week."

ACT

This week, take 5 min to just sit in God's presence. Start your 5 min by asking God to make His presence known to you and for Him to rest your mind. After 5 min, thank Him for making the time He gives.

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