

PGSR: POST GARAGE SALE REST

Monday July 25th - *Read Genesis 2:1-3.* On the 7th day, God rested. God, who is all-powerful and all-knowing, rested. We live under a very large lie that if we rested, the whole world would fall apart. While I realize many are responsible for the lives of others, for elders and for children, if we cannot take care of ourselves, we cannot serve. *Where do you take a Sabbath? If not a day, think about “downtime” where you could sneak a few moments for yourself for a walk or to read, to pray or even take a sacred nap! God worked hard—God created everything!—and then rested. Shouldn’t you?*

Tuesday, July 26th – *Read Hebrews 4:3-4.* People who believe in God through Jesus trust. Christians trust God that if they take rest, God will hold things together. People who do not believe God’s promises or take God seriously to rest (take “Sabbath” which is in the 10 commandments!) just keep working and driving themselves, literally, into the ground. *How might taking some time to unplug or rest be fulfilling your faith promise to follow Jesus? It’s not just a good idea for your health and well-being, it is being obedient to what God has taught!*

Wednesday, July 27th – *Read Psalm 127:2.* How much help to our stressful lives is worry? Jesus asks his followers, “Who among you by worrying can add a single hour to your life?” (Luke 12:25) None of us can worry our way out of worrying. It’s not easy to sleep when you are worried, but God is pleading with you to just trust. The powerful thing about it all? If you are rested, you think better. If you think better, you might be open to an inspiration that helps with your situation!

Thursday, July 28th - *Read Matthew 14:22-23 and Luke 6:12-13.* Jesus feeds the 5000 in one of the most well-known miracles in the Bible and “immediately” he leaves to take some time off. Before Jesus made the final decision to choosing the 12 disciples, he prayed all night. That doesn’t sound very restful, does it, staying up all night? The reminder is that we need to be in a place of peace to make difficult decisions and to be in a place of strength through prayer. *Do you celebrate after a victory or do you just get back to work? When you have a tough decision, do you worry about it or meticulously pull the decision apart and pray for each section?*

Friday, July 29th - *Read Mark 6:30-32.* When the disciples come back to Jesus to give a report, I’m sure they gave a great deal of detail. Have you ever given an account of your “work” to your boss and just given the highlights? We always try to make sure that every moment of work was accounted for, we were busy, so we must have done it right! But Jesus sees this as an opportunity for the next lesson. Does he send them back out to work again? Does he value the busyness of the business? No. He tells them to come to the table and eat, to get to a quiet place and to rest. Work and productivity are important. Rest is the ability to recharge and not just be ready to work again, but to learn from what we have just done. Rest enables us to work smarter and be more productive without burning ourselves out.

Saturday, July 30th - *Read Mark 7:24.* Jesus loved people but he couldn’t recharge with people around him. Only the people who knew him best, Mary and Martha, his friends near Tyre, could just let him rest and serve him. Even extroverts have people-limits. So he hid. Jesus flat-out hides from the world for just a little bit at a friend’s house. By taking a people break, we give our bodies time to refuel so that when our lives connect with others again, we can be ready and we can be sincere and productive. *How do you take people-breaks? Do you find it difficult to help others when you haven’t had any time to yourself? How might your relationships be impacted if you took just a few moments here and there to take a breath?*

Love: How do these devotions teach about the love of God and the love for one another?

Learn: What have you learned about where Jesus walked that helps you with where you walk?

Share: What key insights have you learned this week on how to share your faith with others?

Serve: Look at the prayer list. Who can you pray for? Who needs a little extra help in an area where you can make a difference?

Healing Strength: Karen Fult, Betty Lou Reasoner, Chris Rosemeyer, LeAnne Schemenaur, Chris & Katie Hamon, Charlie Walters, Mary Schmidt, Rex Townsend, Stan Ensch, Chris Osborn (Ken and Sandy Grubb’s daughter), Janet Coons (Donna McCullough’s daughter)

Homebound Members: Mary Hicks, Mary Schmidt, Joann Young, Jeanne Carman

Military Personnel: Adam Walters, Joseph Roberts, Lucas Lamkin, Adam Clark