

# DRINKING DEEP

*“The soul craves rest. The soul knows only borrowed strength. The soul was made to rest in God the way a tree rests in soil.”*

*- John Ortberg, Soul Keeping*

**Genesis 2:3** tells us, “...so on the seventh day He rested from all his work. And God blessed the seventh day and made it holy, because on it He rested from all the work of creating that He had done.”

Have you ever wondered why God rested on the seventh day of creation? Why is this in the Bible? God did not need rest. So why did He? Perhaps, He is trying to show us something of who He is and who we are to be. In resting, God is showing us that He is not a machine who exists merely to produce. And we, who are made in His image, are not machines who exist to produce. God is a lover and a worker who purposefully stopped to enjoy His creative work, and in His creation story, we get our rhythm of life.

We don't just rest from our work. We work from our rest. You and I don't live well without regular rest and refreshment from God. Without them, our life begins to look as frazzled and distracted as our friends who don't know Jesus. A rhythm of rest pushes the pause button on life and reminds us that we don't hold things together. God does. He is the center of our life and work.

As we work towards a healthy practice of rest in our lives, consider these words by Dallas Willard: “Hurry is the great enemy of spiritual life in our day. You must ruthlessly eliminate hurry from your life...give yourself the gift of an unhurried day.”

REST

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## The Practice of the Week:

1. Catch up on sleep. At least one day this week, sleep until you cannot sleep any more. If you need to, find a day when you can sleep in (You may need to ask for the help of others if you have family members who need your care).
2. Give yourself the gift of an unhurried evening. Put your phone down by 5:00pm. Don't schedule anything. Don't turn the TV on. Treat yourself to a good dinner. Do whatever would be relaxing to you (read, take a bath, etc.) Go to bed early.

## For Reflection with a small group or a friend:

1. Were you able to practice the discipline of rest this week? If so, describe what you did and how you felt about it.
2. What, if anything, did you learn about God or yourself through this exercise?

How did you experience God in this activity? Share it with us!  
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