Rituals of Rest

REST

• To cease movement in order to relax
• To refresh oneself
• To recover our strength

SCRIPTURES

• Psalm 62 // My soul finds rest in God alone.
• Exodus 33:14 // “I will give you rest.”
• Hebrews 4:9–11 // “So then, a sabbath rest still remains for the people of God; for those who enter God’s rest also cease from their labors as God did from his. Let us therefore make every effort to enter that rest, so that no one may fall through such disobedience as theirs.”
• Matthew 11:28–30 // “Come to me, all you that are weary and are carrying heavy burdens, and I will give you rest. Take my yoke upon you, and learn from me; for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light.”

REFLECTION QUESTIONS

• Foundational Ritual of Rest: Daily Prayer Time
  • Time: When is my time of prayer?
  • Place: Where is my place for prayer?
  • Space: What do I want in my place of prayer to help create holy space?
  • Prayer Method: How is God inviting me to spend time together with him right now?
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• Supplements to Our Foundational Ritual of Rest
  • Sacraments: How might I embrace the gift of the sacraments as a source of restoration?

• Retreats: How might I incorporate an annual retreat into my life for a longer period of rest?

• Spiritual Direction: Who might I consider asking to companion me on my faith journey or in my ministry?

• What other activities or groups might help me seek God’s rest and renewal?

• Personal Rituals of Rest
  • Notice where I feel dryness and tiredness. Where am I in need of God-given renewal?

• What rituals of rest do I want to incorporate into my life to help me lean into God’s gifts of refreshment, rest, renewal, and recovery of my strength? (Examples to consider: rituals that refresh, rituals that invite “holy pauses,” rituals that encourage play)