



Message Notes
September 8, 2019

Rest: A Different "Four Letter" Word

Mark 2:23-28
2nd in series: [24/6](#)



GPS – Guide to Prayer & Scripture

Week: **September 9-14, 2019**

Daily Prayer

Loving God, thank you for the gift of life. Yet, my life is filled with so much busyness. I desperately need you to calm my hurried heart, calm my attitude in the midst of the rush, and prompt me to slow down when I rush ahead. Help me feel the tranquility of your peace. Amen.

Monday, 9/9 Isaiah 40:30-31

We often see growing old as a time to rest and to be done with serving, saying, "We've done our part." But from the perspective of this passage, what is the point of rest?

Tuesday, 9/10 Ephesians 4:22-24

Our traditions, heritage, and experiences have helped shape who we are. But, when not balanced with seeking God's direction, can become hindrances to who we should become. How can you use your past to help you become who God is calling you to be?

Wednesday, 9/11 Romans 12:2

Peace and solitude can rejuvenate you physically, spiritually, mentally, and emotionally. It can also set you on the right course. What can you do to experience renewal?

Thursday, 9/12 Psalm 51:10-12

Feeling far from God can cause us to become sad, depressed, and lifeless. How can you remember to pray this prayer from the Psalms the next time you begin to sense a distance from God?

Friday, 9/13 2 Corinthians 4:16

We like to be busy because that means we are being productive. But there are times when we aren't as busy and it feels like we are wasting time. How can you change your perception in these slower moments to see them as gifts of renewal?

Saturday, 9/14 Matthew 11:28-30

We carry an awful load upon our shoulders. Our worries and our angst weigh down upon us more than we realize and we also refuse to allow anyone else share the burden. Yet, God does not intend for it to be that way. What burdens do you hear God calling for you to go of?

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