



THE WAY OF LOVE

Practices for Jesus-Centered Life

ADULT FORUM

St. Luke's Episcopal Church

Week 7: REST

Receive the gift of God's grace, peace and restoration

Daily Devotions

Daily Devotions for The Way of Love Week Seven: REST

Each day take 10 minutes and sit in a comfortable chair.

Breathe in and exhale deeply, paying attention to the motion of your breath.

Allow yourself to imagine God's presence surrounding you as you pray.

Read slowly the passage below, several times. As you rise from your time of prayer, know that Jesus remains with you always.

Day One

Exodus 20:8

“Remember the Sabbath day, and keep it holy. Six days you shall labor and do all your work. But the seventh day is a sabbath to the Lord your God.”

What choices or activities in your life feel holy? What makes an experience, an idea or a choice holy to you?

Prayer: Loving God, you made the world and with you we declare that it is good. But then, you rested. Help me to choose to rest from my labors in order to find and feast on what you make holy in our world.

Day Two

Psalm 127:2

“It is in vain that you rise up early and go late to rest, eating the bread of anxious toil; for the Lord gives sleep to his beloved.”

What are the things that make you anxious? What places or people or spiritual practices help you to calm your anxiety? What are the forces that keep you from seeking out peace?

Prayer: Holy God, you know all my pain and my anxious thoughts. But you are the Prince of Peace. Help me to find and practice habits of prayerful rest so that you have more space in my life to bring your peace.

Day Three

Philippians 4:5,7

“The Lord is near. Do not worry about anything... And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.”

Which people or places remind you that the Lord is near? When you worry, how can you remind yourself that the Lord is always near? What makes it hard to feel peace even when the Lord is near?

Prayer: Gracious God, help me to live into the promise that you will guard my heart and mind and be with me even to the close of the age. Help me to find rest in the gift of your peace.

Day Four

Mark 6: 30-32

“The apostles gathered around Jesus, and told him all that they had done and taught. He said to them, ‘Come away to a deserted place all by yourselves and rest a while.’ For many were coming and going, and they had no leisure even to eat. And they went away in the boat to a deserted place by themselves.”

Can you think of an experience that taught you about the power of pulling away to a place of quiet and rest? Who is a person in your life that reminds you of the need to rest, like Jesus did for his followers?

Prayer: Loving God, thank you that you put people in my life that remind me of the sacred practice of rest. Help me to find time and energy to pull away from my crowded days and sit quietly to feel and know your healing love for me.

Day Five

Exodus 20:11

“For in six days the Lord made heaven and earth, the sea, and all that is in them, but rested the seventh day; therefore the Lord blessed the Sabbath day and consecrated it.”

To “consecrate” means to dedicate something to holy purposes. Can you think of a time when you dedicated a relationship or a time in your life to loving and holy purposes?

Prayer: Loving God, you consecrated the Sabbath by resting on that day. Teach me how dedicating myself to rest can renew and inspire me to seek holy and loving purpose in every other day of the week.