



Devos for May 17-24, 2025

## "The Gift of Rest"

TEN Series, Week 4

### DAY 1 – Sabbath Is a Command of Love

**Read:** Exodus 20:8–11

**Meditate:** God doesn't command rest to burden us, but to bless us. The Sabbath isn't merely a rule—it's a rhythm designed to reflect His creation and delight. God worked and then rested, not out of exhaustion, but to enjoy what He made. When we resist Sabbath, we often trade joy for hurry, presence for productivity, and communion for false control.

**Reflect:**

- Do I see Sabbath as a restriction or a gift?
- What does my resistance to rest reveal about my trust in God?

**Practice:** Block off a 4-hour window (or more) this week to cease from all work. Turn off your phone, slow down, and do something you delight in, inviting God into that space. Mark it on your calendar and look forward to practicing Sabbath.

### DAY 2 – Sabbath Is a Gift

**Read:** Mark 2:27–28

**Meditate:** Jesus reframed the Sabbath—not as a test of religious performance, but as a gift for our healing and wholeness. Sabbath is not about checking off a list of rules, but about receiving rest as a form of grace. It's a day to remember that we are not slaves to time, tasks, or the expectations of others.

**Reflect:**

- Do I delight in rest, or have I made rest legalistic—or neglected it altogether?
- In what ways do I need the healing that Sabbath might offer?

**Practice:** Make a list of three things that truly restore your soul and draw you close to God—perhaps being in nature, reading a book, listening to worship music, enjoying a good meal, spending time with friends, or taking a nap. Pick one to enjoy during your scheduled Sabbath this week.

### DAY 3 – Rest Is Worship

**Read:** Matthew 7:7–11

**Meditate:** Rest is an act of worship because it declares, "I have enough because God is enough." When we slow down, stop striving, and seek God, we open ourselves to receive His good gifts. Sabbath reminds us that God is our provider—not our performance—and He delights in meeting the needs of His children.

**Reflect:**

- Do I believe God is generous enough to care for me while I rest?
- What am I afraid might happen if I truly stop? Will deeper heart issues arise? Will God really be there for me? Will pain return—or might I soar higher than I ever imagined?

**Practice:** As you prepare for your Sabbath, plan how you will enter that time. Begin by lighting a candle or listening to a worship song or reading a Psalm, then pray: “God, I receive this day as a gift. You are my Provider. I trust You more than my to-do list.”

## DAY 4 – Limits Are a Gift, Not a Curse

**Read:** Psalm 127:1–2

**Meditate:** We often live beyond our limits, falsely believing we can do it all. But God lovingly designed us with limitations—of time, energy, and capacity. Sabbath invites us to embrace our humanity and to rest in God's sovereignty.

**Reflect:**

- Where am I currently exceeding my God-given limits?
- How might embracing my limits deepen my trust in God?

**Practice:** Say no to one extra thing this week that is draining and unnecessary. Subtract a task or responsibility from your schedule so you can be more attentive to God's presence. Sometimes less is more.

## DAY 5 – Practicing Delight and Presence

**Read:** Genesis 2:1–3

**Meditate:** God rested and declared His creation “very good.” Sabbath is not just about stopping but about delighting. It is a day for worship and joy—a weekly celebration of God's goodness and presence. It's a time to stop, rest, delight, and worship.

**Reflect:**

- What brings me holy joy, laughter, or wonder?
- Do I allow myself to pause and savor life—to taste it—or do I just survive it?

**Practice:** After your intentional 4-hour Sabbath, reflect on how it went. How do your body and mind feel? Journal what came easily, what was difficult, what you experienced, and what changes you might make for next time. Then, plan your next 4-hour Sabbath on your calendar for the coming week.