

*...And Don't  
Forget to Love  
Yourself.*

## WEEK 1: Rest cares for busyness, stress, and fatigue

### READ

<sup>5</sup> This is what the Lord of Heaven's Armies says: Look at what's happening to you! <sup>6</sup> You have planted much but harvest little. You eat but are not satisfied. You drink but are still thirsty. You put on clothes but cannot keep warm. Your wages disappear as though you were putting them in pockets filled with holes!

<sup>7</sup> "This is what the Lord of Heaven's Armies says: Look at what's happening to you! <sup>8</sup> Now go up into the hills, bring down timber, and rebuild my house. Then I will take pleasure in it and be honored, says the Lord. <sup>9</sup> You hoped for rich harvests, but they were poor. And when you brought your harvest home, I blew it away. Why? Because my house lies in ruins, says the Lord of Heaven's Armies, while all of you are busy building your own fine houses. -Haggai 1:5-9

<sup>6</sup> Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. -Philippians 4:6

<sup>28</sup> Come to me, all you who are weary and burdened, 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. -Matthew 11:28

<sup>25</sup> Worry weighs a person down; an encouraging word cheers a person up. -Psalms 12:25

### REFLECT

Rest refocuses our mind.

Rest restores our body.

Rest renews our soul.

Rest isn't laziness. Rest is intentional healing that prepares us for the next season of growth. Prioritize rest so that you can become your best.

1. What do you want your next season of growth to look like?
2. Are you more likely to get there as rested and focused or tired and distracted?

### PRAY

Dear God -

I carry heavy burdens.

Burdens from my past that still hurt today.

Burdens from today that prevent me from pursuing dreams for tomorrow.

Burdens from tomorrow that may or may not ever materialize.

Burdens of stress. Burdens of sadness. Burdens of dejection. Burdens of desolation.

Burdens of pleasing others. Burdens of dysfunctional relationships.

Help me come to You and give me rest. Rest for my soul.

Amen.

## Play

1. Schedule a time to do something you like doing with someone you like doing it with.
2. Go for a walk by yourself. Around the lake. Through the woods. In your neighborhood. Enjoy the silence. Listen to God.
3. Do something fun you have wanted to do for a while but have never done it.

## Discuss (As a small group, with your friends or family, or with yourself)

1. Describe a recent time you felt completely rested. What did it feel like? How often do you feel rested?
2. What stresses you out? What is a way you deal with this stress well? What is a way the stress works you over?
3. Do you ever feel like the people Haggai was talking to: working hard but not being content; having your responsibilities exceed your resources; constantly comparing yourself to others and feeling insecure and unsuccessful; being busy but not blessed? Share an example.
4. Do you feel more: Rested or tired? Busy or balanced? Stressed or relaxed?
5. In Philippians, Paul tells us to pray for our worries. Have you done this before? If so, how did it work out for you? What are some of your worries?
6. Paul also encourages us to be grateful. How would practicing gratitude move us from busyness, fatigue, and stress to a place of rest?
7. Jesus tells us to go to him and he will give us rest. What does it look for you to go to Jesus?
8. The Psalmist says worry weighs us down and encouraging words cheer us up. Speak some encouraging words into each other's lives. (If you are doing this by yourself—speak some encouraging words to yourself.)
9. Rest can be sleep. Rest can be turning off electronics. Rest can be exercise. Rest generally doesn't happen on accident. Rest best happens on purpose. Share your plan to get some intentional rest in the next week.
10. What is a learning you experienced during this study? Give a specific example of how this learning is going to help you in the future.

## Do

A menu of things to do this week. This is a menu not a list. Choose the one(s) that will be most helpful for you this week.

1. Explore what it looks like to go to Jesus. Try writing your stresses and worries on a sheet of paper or on a list on your phone. Spend some time in prayer asking Jesus for peace.
2. Simplify. Don't do something you don't like doing that is unnecessary anyway.
3. Write down a list of twenty things you are grateful for. Spend some time thanking God for blessing you.
4. Set an alarm for when to go to bed. See if an extra 30 minutes or hour of sleep is helpful for you.
5. Spend some time with a loved one. Be intentional to encourage each other.