

The background of the book cover features a soft-focus image of cherry blossom branches with small white flowers against a light blue sky. The bottom half of the cover is a close-up of a wooden table with vertical planks.

# Teaching from Rest

A Homeschooler's Guide to  
**UNSHAKABLE PEACE**

**Sarah Mackenzie**

Foreword by Dr. Christopher Perrin

**COMPANION JOURNAL**

Second Edition: Expanded and Revised



*Teaching from Rest Companion Journal*

© Classical Academic Press, 2015  
Version 2.0, new and revised edition

All rights reserved. This publication may not be reproduced, stored in a retrieval system, or transmitted, in any form or by any means, without the prior written permission of Classical Academic Press.

Scripture quotations are from the Revised Standard Version of the Bible, copyright 2000 [2nd Catholic edition, 2006] by the Division of Christian Education of the National Council of the Churches of Christ in the United States of America. Used by permission. All rights reserved.

Cover by Rob Baddorf with Rebecca James  
Layout by Kiley Ann Bradbury

Classical Academic Press  
515 S. 32nd St.  
Camp Hill, PA 17011  
[www.ClassicalAcademicPress.com](http://www.ClassicalAcademicPress.com)



# HOW TO USE THIS COMPANION JOURNAL

*T*eaching from Rest: A Homeschooler's Guide to Unshakable Peace was written not only to inspire you but also to help you make the practical changes necessary to teach your children from a state of rest. It takes some digging, some slow and careful thought about the underlying principles, to make rest a part of your everyday. You've got to be intentional about it. This companion journal was created to help you do just that. Work through each part mindfully as you read the book and you will find that teaching from rest may not be as elusive as you had thought.

I suggest that you print this companion journal and take it to an office supply store to have it bound (it costs just a few dollars to do that). Keep the journal close by as you read *Teaching from Rest* and use the space provided to help you work out what unshakable peace would look like in your homeschool.

Use the Commonplace space to copy down passages or scripture quotations that you don't want to forget. Slowly and carefully copying something down by hand is a contemplative way to learn something by heart.

If you have a homeschool group or book club that would be blessed by *Teaching from Rest: A Homeschooler's Guide to Unshakable Peace*, you'll find that the questions in this journal are useful as a guide for group book discussions.

You were made to glorify God from rest and peace. Now, let's break down what it's going to take to get there.

Rest in Him,  
Sarah Mackenzie



You  
WERE  
made  
FOR  
This

“Everything that happens each day in the little universe of our work and our family, in the circle of our friends and acquaintances, can and must help us to find God’s providence. Fulfillment of the divine will and the knowledge that it is being done is a source of serenity and gratitude.”

—Francis Fernandez, *In Conversation with God*

