

**TM** A **THRIVE**MOMS  
BIBLE STUDY

# Rest

FINDING STILLNESS IN  
THE MIDST OF BUSY

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Kara-Kae James  
& Ali Pedersen

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**DAVID C COOK™**

*transforming lives together*

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# CONTENTS

How to Use This Study	9
Introduction	
<i>Why Rest?</i>	12
Week One	
<i>What Does It Mean to Rest in the Lord?</i>	14
Week Two	
<i>How Knowing God Brings You Rest</i>	39
Week Three	
<i>Why Do I Feel So Empty?</i>	60
Week Four	
<i>Being Better at Being Busy</i>	80
Week Five	
<i>Grace</i>	101
Week Six	
<i>Psalms 23</i>	123
Leader Guide	145
Notes	151
About the Authors	153

# WHAT DOES IT MEAN TO REST IN THE LORD?

You know that feeling of relief that washes over you at the end of the day, when you fall into bed? The kids are asleep, the day's tasks done, and you can finally take a deep breath and sink into your pillow. An almost tingly sensation runs through your body as the stress and tension melt away, if only for a short time (before a child comes wandering out of bed).

That is how I imagine resting in the Lord. A retreat from the demands of this world. The noise of the day traded for quiet. A time when I can hear that still, small voice speaking straight to my heart. The Father cradling my weary body as I sink into the warmth and safety of His arms.

Throughout the Bible we see many commands: be still, wait on the Lord, be anxious for nothing, fear not. The Lord wants us to find peace and rest in Him—a safe space to recharge when the world takes the best of what we have to offer. Psalm 131:1-2 says, “O LORD, my heart is not lifted up; my eyes are not raised too high; I do not occupy myself with things too great and too marvelous for me. But I have calmed and quieted my soul, like a weaned child with its mother; like a weaned child is my soul within me” (ESV). We are called to a quiet obedience. When we submit ourselves to this practice of rest, we are allowing our hearts and minds the space and freedom to glean the truth and wisdom the Father has for us.

## *Day One*

### **REST IN THE LORD**

Exodus 20:8-11; 31:12-15; Psalm 37:5-7; Hebrews 1:3

For many of us, sleep is a rare commodity—as precious as that last pound of coffee beans on the grocery store shelf. I often wake up in the early morning to find myself teetering on the edge of my bed with multiple children lying on top of me. It's not super relaxing. With early feedings, late-night consoling, morning workouts, afternoon playdates, doctors' appointments, sports meets, and work meetings, the schedule of a mom has everything included except a moment to breathe. There is typically not time for a nap. Thankfully, resting in the Lord doesn't require actual sleep!

So, what does it really mean to rest in the Lord?

Rest is a very big idea in the Old Testament. From the very beginning, Yahweh makes the idea of rest a high ideal. On the seventh day, God initiates rest for the first time. It's the concept of ceasing from work, but it's also about completion.

 **Go to the Word:** Read Exodus 20:8-11.

**Looking at verse 10, who in Israel does the Lord expect to keep the law of the Sabbath?**

**What does that tell you about the importance of this to God?**

 **Go to the Word:** Read Exodus 31:12–15.

The Lord definitely takes this idea seriously. Looking in verse 13, God wants them to observe the Sabbath as a sign for two reasons.

**Write those two reasons in the space provided.**

With the Sabbath being established in the Law, the Lord clearly sees this principle of completing work and resting to be important enough that every person, regardless of status, should be reminded to rest every week. *Sabbath* means “seven” in Hebrew, but the number has become synonymous with resting. The Lord designed our very concept of a week as a reminder to rest. When work is complete, we rest. As humans, it is expected that we do need time to rest and refuel in order to function—we definitely feel it when we lack the rest we need.

Yet for some reason, some people (both Christians and people in other religions, or even people with no religion at all)

claim that God wants people to fulfill works to please Him. One view is that after death God looks at the wrong you've done and then compares it with the weight of the good done. The idea is that bad can be overcome with the accomplishment of good. Work can overcome shortcoming. What we actually see from the Lord is something different.

 **Go to the Word:** Read Psalm 37:5-7.

**From verse 5, who is the one who will act or do something?**

**In verse 7, instead of working harder, what does David write that we should do before the Lord?**

The Lord is wanting His followers to understand that there is no amount of work or actions or good deeds that can overcome the evil that is accomplished. Our justification before God does not come from the works we do. Our righteousness is not created by acts of our hands. Our salvation does not come through sweat. Instead, God wants His disciples to commit our hearts to Him, to trust Him, to wait for Him—He will accomplish the justifying, will be the righteousness, and will do the saving.

 **Go to the Word:** *Read Hebrews 1:3.*

**According to this verse, what did Jesus do once the work of purification had been finished?**

Once the work was completed, Jesus sat down at the right hand of the Father. The work had been accomplished, and so He sat. He rested. There was nothing else to be done. So, sisters, if Jesus has rested from the work of salvation, why should we continue to strive to accomplish the same work? Sit down. We can rest in Him. We don't need to keep trying to measure up. We don't have to account for, work for, accomplish, or finish anything in order to receive salvation. Either the work Jesus accomplished is enough, or it isn't. Either the purification for sins is complete, or it isn't. We could never be enough, but Jesus is enough.

How do we show our faith in His finished work and believe it is enough to cover our sins? Rest. Rest in Him. Trust that His work done on your behalf is actually good enough. Truthfully, if the work of the Son of God was not enough, what would make us think that our imperfect works could be of any help? Trust in Him. Rest in Him and wait expectantly for His salvation to work in our lives, producing righteousness.



## **PRAYER FOR REST**

During this study, use these prayer times as small Sabbath moments—time to rest for even just a few minutes from whatever chaos your day might bring or has brought you already. Go back and pick one of the scriptures to focus on. Read over it several times, remembering these are God’s words for you. Thank God for speaking with you this way.

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*Rest*

*Day Two*

## OUR JOY MADE COMPLETE

John 15:1-11

Have you ever been away from home for a long time, long enough to really miss it? Once you are home, you experience a sense of real completeness. The people you love, the familiar settings, even the smells that surround you, they all make you feel at home.

When we are where we belong, it makes us want to stay. Whenever I travel, I enjoy the freedom for a day or two, but beyond that, I just miss home. Home is a place of belonging, where all the little people who love me reside. Coming home to them makes me feel complete.

In John 15, Jesus uses the picture of a vine and its branches. Just as we learned in first grade, when we watched little beans grow into sprouts, in order for all parts of the plant to grow, they need to connect, and all the parts need to remain. If you tear off a leaf, it will wither and die.

 **Go to the Word:** Read John 15:1-8.

**What does Jesus call Himself?**

**What does Jesus call His disciples?**

**What does Jesus say anyone in Him does?**

Jesus states that the key to producing fruit is remaining or residing in Him. In fact, He repeats that idea several times in this passage. If we are going to bear fruit, we need to reside in Him. If we separate from Jesus, we will not bear fruit.

**What does Jesus state will happen to a branch that does not remain in the vine?**

 **Go to the Word:** Read John 15:9-11.

**How can we stay in Jesus' love?**

**Why does Jesus say He has told us all of this?**

Jesus says we can have complete joy. But the key to how to have this joy is for us to remain where we belong; we need to reside at home. And Jesus is our home! This is where we find complete joy.

For us who are redeemed by Jesus, He is our connection to life. To be “in Him” means we are connected to the source of our new life, our eternal life. We are new creations in Jesus, and to live out this new life, we need to live the way God designed us to live.

Joy is connected with the love of God, and the love of God is connected with obedience. Not that God only loves us when we obey, but that we understand His love more when we obey His commands. Just as any good parent does for a child, our Father gives us commands *because* He loves us. As Romans 13:10 puts it, “Love, therefore, is the fulfillment of the law.” We show where we reside by our behavior. We show who we love and follow by our actions. Like a connected branch in the vine shows its health by growing fruit—we show we are residing in Jesus by what we produce. When we are at home where we are intended to reside, growing as we are intended to grow, this is where we truly find our joy.

**As a parent, how does the idea of joy in relation to obedience resonate with you?**

**How can we show obedience to the Lord and at the same time find joy? When does that seem like a struggle?**

*Joy* is defined in *Webster's Dictionary* (from 1828) in this way: "Joy is a delight of the mind, from the consideration of the present or assured approaching possession of a good." I think it is safe to say that in our modern culture we have a skewed view of what happiness is, and we definitely need to recalibrate what joy means.

In considering our future with Jesus in heaven, ruling with Him, receiving understanding, and experiencing all that heaven has to offer, our delight in that should bring us joy. Whatever we are currently experiencing, being assured of an overabundance of blessing in the future allows us to have joy in our present circumstance. Being found in Jesus, resting and residing in Him, means that we are never separated from His blessing. Even here on earth we live as a vine in the branch. We receive our eternal quality life from Him now through the understanding of His plan for us. We have the promise of future eternal life and blessings forever with Him.

By living in His love now, we can experience that full and complete joy now. Are you discouraged today? Remember what He has given you through His Word. Do you know someone who is in a time of despair? We can find that complete joy in Jesus now and have enough to share with others. Outside of Jesus, there is no hope for the future. Give freely of the complete joy that you have!

## **PRAYER FOR REST**

Take a Sabbath moment to remember one of the last times you felt joy. Look through some photos that remind you of that time, or just bring up a mental image of what was happening then. Thank God for glimpses of joy we have here now, and ask Him to help you hold on tight to the hope of heaven and eternal life with Him, so you can experience joy even in difficult circumstances.