

 ALABASTER

Visual Liturgies

on Rest





01 / Introduction

As we navigate an ever-changing and constantly moving world, rest can often feel like a pipe dream. With so much to accomplish and experience, the notion of slowing down—of pausing even for a moment—is often the last thing on our minds. Old adages such as “I’ll sleep when I’m dead” demonstrate the low priority we place on stillness and silence.

And yet we know God desires our rest. The practice of taking pause, to reflect and be restored and renewed is Biblical—laid out for us by God as an essential part of a well-balanced and faithful life. Indeed, rest is modeled for us by our Creator who stopped to rest after creating all things (Gen. 2:2-3). Rest is not the reward we earn by doing “enough”. It is not the last resort we take when we feel ready to drop. No, it is out of rest, out of the moments when we let the distractions fade away, that we draw closer to God. Our rest times equip us for what we have been called to accomplish.

Our ability to relax—to pause and reflect—comes out of the assurance that our lives are in God’s hands. We can step away from the wheel confident that Jesus will not let us sink. God is in control always and works for our good.

This book aims to welcome us into times of rest, guiding us through the process of slowing down at the end of the day. Throughout the history of the church, liturgies have been used to move us communally closer to God. Drawing on this tradition, each chapter invites us to move through contemplative time with intention. We begin by ruminating on a passage from **Scripture**, followed by a reflective **reading** alongside imagery designed to encourage and inspire. Finally, we conclude with a **prayer**, lifting up our hearts and minds to God.

Amidst the frenzy of the world, let us pause and abide in the comfort of the Holy Spirit. May we experience God in the quiet little moments of our lives. Amen.