

# Visual Liturgies

on Rest



ALABASTER

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Alabaster Co explores the intersection of creativity, beauty, and faith. Founded in 2016. Founded in Los Angeles.

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### 01 / Introduction

As we navigate an ever-changing and constantly This book aims to welcome us into times of rest, moving world, rest can often feel like a pipe dream. guiding us through the process of slowing down at With so much to accomplish and experience, the nothe end of the day. Throughout the history of the tion of slowing down-of pausing even for a mochurch, liturgies have been used to move us comment-is often the last thing on our minds. Old admunally closer to God. Drawing on this tradition, ages such as "I'll sleep when I'm dead" demonstrate each chapter invites us to move through contemplathe low priority we place on stillness and silence. tive time with intention. We begin by ruminating on a passage from Scripture, followed by a reflective And yet we know God desires our rest. The pracreading alongside imagery designed to encourage tice of taking pause, to reflect and be restored and and inspire. Finally, we conclude with a prayer, liftrenewed is Biblical-laid out for us by God as an ing up our hearts and minds to God.

essential part of a well-balanced and faithful life. Indeed, rest is modeled for us by our Creator who Amidst the frenzy of the world, let us pause and abide stopped to rest after creating all things (Gen. 2:2-3). in the comfort of the Holy Spirit. May we experience Rest is not the reward we earn by doing "enough". God in the quiet little moments of our lives. Amen. 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.