

## **The Gift of Rest**

### **Ready:**

“And he replied, ‘My presence will go with you, and I will give you rest.’” – Exodus 33:14

### **Set**

In a world where rest seems limited and busyness is in abundance, it is critical to seek proper rest. We define rest at its worst as scrolling on our phones and, at best, when we sleep.

In athletics, rest has come to symbolize a break. Whether that is a break between reps, a break from your season, or a rest day before a big game. We understand rest as a separation from something.

Our verse today is taken from Exodus when Moses pleads with God that His presence is near him as he is called to lead the Israelites to the promised land. Moses knew he needed God with him to accomplish this monumental task. God’s response to His request is to assure Moses that God’s presence will be near, and because God is near Moses will experience rest.

I would guess that rest was the last thing on Moses’ mind. He was tasked with leading a whole nation from one country to the next. He had to figure out food, travel, safety, and how to lead God’s people spiritually. God didn’t promise to take away these elements of the task so that Moses could rest. God told Moses that while he was performing these tasks, God would be next to him, and through his closeness to God, Moses would experience rest and peace while he worked.

Proper rest is found when we seek to be close to God. The closer we get to God, the more peace and rest will fill our lives. Instead of pursuing rest by creating distance between us and what we are called to do, we should seek God in our calling. By seeking the presence of God, we will find joy, peace and rest during our busy lives.

### **Go**

- In your sport, have you ever been given an enormous task to accomplish?
- How could God’s peace have helped you accomplish this task?
- What can you do today to seek proper rest?

### **Workout**

Matthew 11:28

Isaiah 26:3

### **Overtime**

“God, You are rest. We pray to You today that You draw near to us as we work to further Your kingdom. Help us not withdraw and create distance to achieve temporary rest, but give us Your peace and rest so we might have the energy to accomplish the tasks You have given us. Amen.”



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