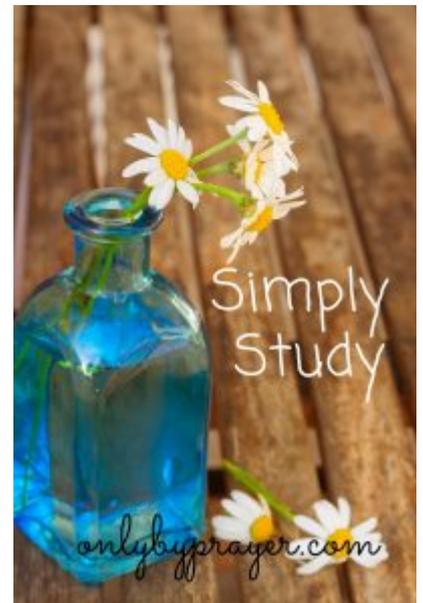


Simply Study: Simply Rest



Simply Study

Short-term Bible studies for busy people.

We are glad you are joining us for a week of Bible study. Down below is your Bible study work for this week. Each day consists of two links—one link is the daily scripture reading. The other link is a short Bible study or devotional reading.

We suggest you follow the steps below:

1. Pray for the Holy Spirit to give you insight and wisdom
2. Read the scripture portion first
3. Do the Bible study or devotion
4. Comment on what you learned from your study time.

Finally, to deepen your experience, ask a couple of friends to join you. You can start a small Bible study group at your house or favorite cafe. God will bless you for the time you spend in His word.

In Christ,

Jane and Mary

Day 1: Simple Trust



[Simple Trust Scripture](#)

[Simple Trust Devotion](#)

Day 2: Simple Sabbath



[Simple Sabbath Scripture](#)

[Simple Sabbath Devotion](#)

Day 3: Simple Peace



[Simple Peace Scripture](#)

[Simple Peace Devotion](#)

Day 4: Simple Rest



[Simple Rest Scripture](#)

[Simple Rest Devotion:](#)

Day 5: Simple Restoration



[Simple Restoration Devotion](#)

[Simple Restoration Scripture](#)

Click the play button below for a little study music.

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i hear: rest

short podcasts



i hear

*bring the sacred into your
everyday*

onlybyprayer.com

i hear: rest

Rushing and stressing are the hashtags that mark our generation. Ask anyone how they've been and they will answer, "busy!" While God is about fruitfulness, He is not about busy. God's plan always includes margin, space and **rest**. When He sees we have exchanged His pace for the rat race, He calls us to come, rest and take a load off at the foot of the cross. #restinhim.

Please take a moment to rest in His presence and receive a little grace and peace.

Push the play button below to listen to *i hear: rest*.

Take time today to rest in Him. He is our peace.

Have a blessed day!

Mary Kane

Original music for *i hear* and *i pray podcasts*, *Scott's Rhapsody*, by Scott Kane from the band, *In Due Time*.

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Gifts of Time and Sabbath Rest

Time is an elusive resource. No matter how hard we try, we

can't grasp it or control it or change it



- We complain that there isn't enough of it in a day to get things done.
- It flies by when we're having fun.
- Things can become frozen in it.
- The older we get, the faster it goes.
- It's of the essence.
- We tell people to stop wasting it.

What is time, really?

The Gift of Time

With the creation of the sun and the moon on Day 4, God bestows upon us the gift of time and seasons. This Genesis 1 gift keeps on giving. We live out our lives within its parameters: seconds, minutes, hours; days, weeks, months, years. Over the course of a year, we rotate through the seasons of birth, growth, harvest, and rest.

[Cyclical rhythms are safeguards, to make sure we avoid the errors of doing too much or too little.](#)



[Tweet This](#)

But how many of us even notice this gift of time or the seasons that should give meaning and purpose to our lives, both in our days and in our years? Do we fully experience and engage with our senses the passing and changing of day to night, of week to month, of season to season, of year to year?

Do we build into our days times of rest, or do the days parade by in a stream of busyness and business, barely acknowledged much less celebrated?



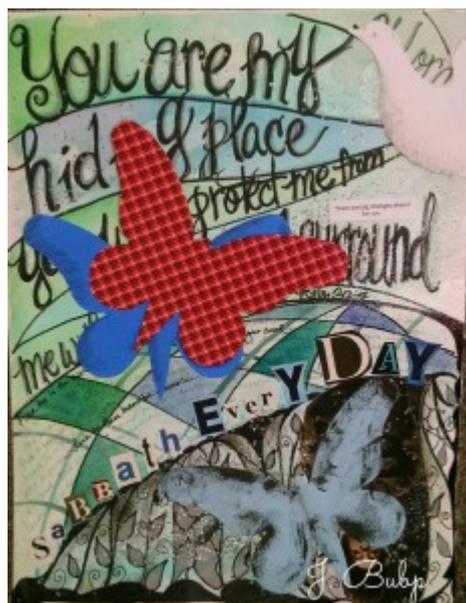
Sabbath Rest?

As I've started working through The Way of Discipleship book with a friend, we're currently studying the practice of Sabbath. The definition states the following: "Sabbath is a specific period of rest from the labors of life for the purpose of rejuvenation and fellowship with God and one another." Three questions then direct me to evaluate my practice of Sabbath regarding these points:

- my pace of life and its effect on my soul and those around me
- what rest looks like for me, and
- how much time I set aside to rest or reflect on God

As I sat with these thoughts, I realized this wasn't going to

be a section I could zoom through, because honestly I couldn't see much Sabbath rest going on in my life on Sunday or any other day for that matter. I thought uncomfortably about what my Sundays typically look like. Morning is devoted to church, yes, but the afternoons are nearly indistinguishable from any other day of the week, crammed full of activities, cleaning, cooking, and laundry, lots of laundry. I often *intend* to slow down and relax, but rarely does it happen.



God set aside Day 7 to rest from His labors. It's a pattern He means for us to follow that's somehow been lost in our skewed vision of time. Each day we race from work to school to home to lessons to home and then start the process all over again. Sunday is supposed to be different, as it was when I was a child. Stores closed. Businesses shut. Families went to church, ate a leisurely dinner, napped, played, and visited. Somehow from

then to now, we've shed that tradition and made Sunday the catch-up day. Catch up on work, chores, laundry, with precious little time for Sabbathing.

I've tried to tackle this issue before in my life, but without much success. I want to be mindful of the gifts of time and rest and Himself that God has given us. I want to discover how to infuse them not just into my Sunday, but to create mini-Sabbath times throughout the rest of the week too.

Next post, I'll look at my first attempt at [creating some margin in my Sundays](#).

If you'd like to join me, I'd love to hear your thoughts on time and Sabbath. Just leave them below.

Jane

I'd like to thank my friend, artist Jennifer Bubp,, for allowing me to use her beautiful Sabbath collage.

Short & Sweet: She Sat



Nourishment for the Soul

38 Now it happened as they went that He entered a certain village; and a certain woman named Martha welcomed Him into her house.

39 And she had a sister called Mary, who also sat at Jesus' feet and heard His word.

40 But Martha was distracted with much serving, and she approached Him and said, "Lord, do You not care that my sister has left me to serve alone? Therefore tell her to help me."

41 And Jesus answered and said to her, "Martha, Martha, you are worried and troubled about many things.

42 But one thing is needed, and Mary has chosen that good

*part, which will not be taken away from her.”
Luke 10:38-42*

I am a list maker; a task oriented kind of girl.

I like getting things done. But, I also know how to take a break and rest. Mary of Luke 10, is that kind of woman as well. She also had her priorities straight – Jesus. Mary didn't always have it together, her past is kind of sketch. Her name literally means “their rebellion.” After meeting Jesus, however, she gained a new reputation: the One Who Sat at Jesus' Feet. **She sat.**

She sat.

Wouldn't it be wonderful to be so connected to Jesus that in order for people to describe you they'd have to mention, “Oh, that's Mary-who-sat-at-Jesus'-feet. **She sat.** What did Mary do while **she sat?** She heard the Word. She heard the Word from The Word.

In the beginning was the Word, and the Word was God, and the Word was with God.

Can you imagine?

Martha tells on her.

Martha is busy with much serving ...on her feet ... distracted.
Mary is busy with God ... at His feet ... filled.

She sat.

“Mary has chosen the good part, and it will not be taken from her.”

We get to choose too.

Action Points

1. The key to life is spending more time at His feet than on your feet. How can you make time to sit at His feet?

2. What gets in the way of spending more time at His feet?
3. What phrase characterizes your life now? _____
How would people describe you? She/He _____.

Life is sweet.

Mary Kane

Short and Sweet: Green Pastures by Mary Kane



Nourishment and
refreshment for the
soul.

The LORD is my shepherd: I shall not want. He makes me to lie down in green pastures; He leads me beside the still waters. He restores my soul; He leads me in the paths of righteousness for His name's sake.

Psalm 23:1-3

Because Jesus is our Good Shepherd, will lack for no good

thing.

Knowing that God supplies everything we need pertaining to life and righteousness, our souls can find rest.

In order to experience His rest, we must lie down, but not just anywhere. According to our verse, God “makes His sheep lie down in **green pastures.**” I began to ponder why God made His sheep lie down in **green pastures** and why sheep find **green pastures** particularly peaceful. The answer?

Food.

The sheep rest peacefully because they are surrounded by their favorite fodder, green grass. The flock did not need to worry about tomorrow, because tomorrow was already provided for ... as far as the eye could see.

We are God’s sheep. We also find peace by resting on our **green pastures**, the word of God. “For man does not live by bread alone, but by every word that proceeds from the mouth of God.” We can rest because our tomorrows are already provided for, and we can partake as often and as long as we like. The more we feast upon God’s word, the more peace we shall have.

If your life lacks peace, and your soul is troubled, come to God and rest in His Word.

Action Points:

1. Set a consistent time to read God’s word. My favorite time is morning. Get up 15, 20, 0r 30 minutes early and start your morning feeding your soul with God’s Word. You will find healing and restoration for your heart and soul.
2. Download an audible version of the Bible. Listen while you are driving, running, or working out at the gym. I

listen at night while I'm drifting off to sleep (double peace!).

3. Set a goal for Scripture memory. Copy meaningful verses on note cards and memorize them while waiting at traffic lights, in checkout lines or while walking.
4. If you're a techy, you'll enjoy joining an online Scripture memory group such as [Siesta Scripture Memory](#). Click on the link and sign up today!