

"I will give you rest"

Bible Study for Sunday 28/06/20

- ❖ *Read the scripture passage aloud slowly, letting yourself hear the words.*
- ❖ *Pause and see if some word or phrase stood out or something touched your heart. If so, savour the insight, feeling, or understanding.*
- ❖ *Go back and read the passage again, seeing if a fuller meaning emerges. Pause again and note what happened. If you want to talk with God in response to this, do so.*
- ❖ *Seek to listen to what God may be saying to you or simply rest in God's presence.*

Matthew 11:16-19, 25-30

"But to what will I compare this generation? It is like children sitting in the marketplaces and calling to one another, 'We played the flute for you, and you did not dance; we wailed, and you did not mourn.'

For John came neither eating nor drinking, and they say, 'He has a demon!'; the Son of Man came eating and drinking, and they say, 'Look, a glutton and a drunkard, a friend of tax collectors and sinners!' Yet wisdom is vindicated by her deeds."

At that time Jesus said, "I thank you, Father, Lord of heaven and earth, because you have hidden these things from the wise and the intelligent

and have revealed them to infants; yes, Father, for such was your gracious will. All things have been handed over to me by my Father; and no one knows the Son except the Father, and no one knows the Father except the Son and anyone to whom the Son chooses to reveal him.

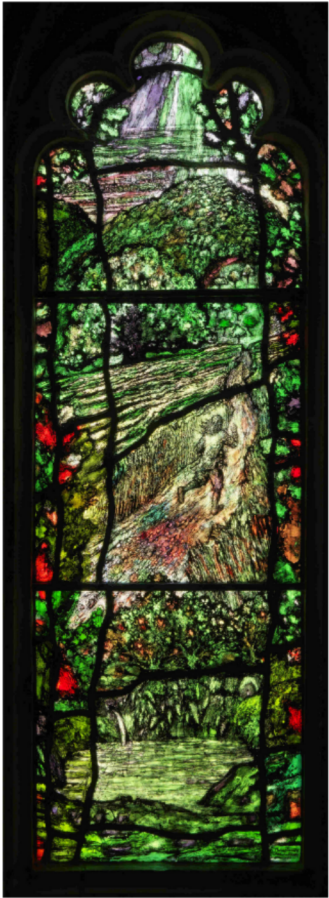
"Come to me, all you that are weary and are carrying heavy burdens, and I will give you rest. Take my yoke upon you, and learn from me; for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light."

- ❖ *First, please share the word or phrase which attracted you.*
- ❖ *Second, what does Jesus' promise to give us rest mean to you?*
- ❖ *Do any of these 4 images capture it or can you offer a better one?*



*Vincent
van Gogh,
Noon – Rest
from Work*

Tom Denny, *Window in memory of Thomas Traherne*



Berthe Morisot, *The Cradle*



Roman Mosaic of Yoked Oxen

A Prayer for God's Rest

To begin, slow down your breathing (and your heart rate) by breathing in deeply...

holding your breath briefly...

and then slowly exhaling...

Think of it as breathing in God's Spirit with the oxygen in the air, the Holy Spirit all around you and inside of you...

As you hold your breath hold your sense of the Holy Spirit in you...

And then breathe out your worries and griefs, your regrets and your fears..., letting them go, breathing them out with the carbon dioxide...

Several more times, breathe in....

hold.....

breathe out.....

And now, if you want to, think of your exhaling as a releasing of control to God, submitting all your activities, agendas and anxieties to God, accepting God's easy yoke.....

Then finally, as many times as you wish, while breathing in say 'Come to me' and while you breathe out say 'And I will give you rest.'

Perhaps try to use this prayer at different points of peace or pressure throughout your week.