

REST AS PART OF MISSION
BEDROOM



household of
PRAYER

Welcome to the bedroom, the place to sleep and recover energy. It is equally a space where you can be on your own without disturbance, a place of recovery and rest.

Take time to ask yourself what aspect of mission is most demanding at the moment.

Is it seemingly no response to the gospel, despite efforts by yourself and others in your corps or centre?

Is it just sheer hard work, physically demanding and unrelenting?

Are the people you are serving so in need that you cannot see your way through?

PRAYER
household of

Do you feel in danger of burnout?

Whatever it is, bring it to God now.

Pause and Pray

Clench your fists and ‘hold’ the things that are demanding in your life and mission.

Then, as you name them, slowly open your hands, relaxing any tension and letting the things go.

This is a prophetic action. You are claiming the peace and grace of God who promises a ‘peace ... which transcends all understanding’ that will ‘guard your hearts and your minds in Christ Jesus’ (Philippians 4:7).

PRAYER
household of

Reflect on the following Scripture:

Matthew 11:28-30 (MSG paraphrase):

'Are you tired? Worn out? Burned out on religion? Come to me. Get away with me and you'll recover your life. I'll show you how to take a real rest. Walk with me and work with me - watch how I do it. Learn the unforced rhythms of grace. I won't lay anything heavy or ill-fitting on you. Keep company with me and you'll learn to live freely and lightly.'

This is an invitation to rest. Jesus invites those who are weary and burdened to come to him for recovery. This shows his compassion and understanding of our struggles and his desire to provide relief and comfort.

PRAYER
household of

The passage emphasises the importance of a personal relationship with Jesus. By walking and working with him, we learn from his example and experience, his gentle and humble nature.

Jesus teaches us to embrace ‘the unforced rhythms of grace’, which means living in a way that aligns with his teachings and allows us to experience his grace naturally and effortlessly.

Jesus promises that his yoke is easy and his burden is light. This contrasts with the heavy burdens often imposed by religious legalism and societal expectations. Following Jesus brings freedom and a sense of lightness. By keeping company with Jesus, we learn to live freely and lightly, unencumbered by the pressures and demands that can weigh us down. This leads to a more fulfilling and joyful life.

household of
PRAYER

Take time now.

Ask him in the quietness of your spirit that you may experience a sense of peace.

Prayer

Dear Jesus,

I come to you seeking the rest and peace that only you can provide. Thank you for your invitation to come to you and find true rest for my soul.

Help me to walk with you and learn from your gentle and humble heart. Teach me the unforced rhythms of grace, so that I may live freely and lightly, unencumbered

PRAYER
household of

by the pressures and demands of this world.

Lord, I lay my burdens at your feet once again, trusting in your promise that your yoke is easy and your burden is light. Fill me with your peace and guide me in your ways.

May I always keep company with you, finding strength and comfort in your presence. Thank you for your love and grace that sustain me each day.

In your precious name, I pray.

Amen.

PRAYER
household of