

**Pursuing Rest in God**  
**Psalm 46:10**  
**Pursuit, 5**  
**Dr. Ted Wueste**

**Our lives are designed to be at rest in God.**

Psalm 62:1

**An Old Testament principle for rest ... stop day.**

Exodus 20:8-11

- **providing rest from the stress and strains of life**
- **centering life around the reality that God made this universe**
- **making room for God**

**Filtering out all the noise of life ... solitude.**

Mark 1:21-45

- **retreating so that we can refocus.**
- **retreating so that we can restructure our responses.**

**Structuring my life around reality ... simplicity.**

Philippians 4:11-12

## **IDEAS FOR RESTING IN GOD**

### **Quotes:**

"People in a hurry never have time for recovery. Their minds have little time to meditate and pray so that problems can be put in perspective. In short, people in our age are showing signs of physiological disintegration because we are living at a pace that is too fast for our bodies."

Archibald Hart

### **Resources for further study:**

*tellusyourtake.blogspot.com*

*Spiritual Disciplines Handbook*, Adele Calhoun,

*Margin*, Richard A. Swenson

*Freedom of Simplicity*, Richard Foster

*Mudhouse Sabbath*, Lauren Winner