

Faith Fight Podcast - Rest and Peace for your Soul

In this day and age that we are living in, its almost impossible to find a time to get some rest. We wake up tired, go through the day tired, then fall asleep tired and do it all over again the next day. But In God you are able to find rest and peace for your soul. Its up to you to practically make time in your schedule to accomplish this but when you do God will bless your time of rest so that you can come back more powerful and get better results than before.

“Come to Me, all who are weary and heavy-laden, 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.” – Matthew 11:28-30

A yoke is a heavy wooden harness that fits over the shoulders of an ox and its attached to a piece of equipment that the ox pulls. A person may be carrying heavy burdens of sin, excessive demands from other people, oppression or persecution, or weariness in the search for God. Jesus frees people from all of these burdens. The rest that Jesus promises is love, healing, and peace with God.

By the seventh day God completed His work which He had done, and He rested on the seventh day from all His work which He had done. Then God blessed the seventh day and sanctified it, because in it He rested from all His work which God had created and made. – Genesis 2:2-3

I include this verse in this episode to put the importance of rest in its proper perspective. God, who created the world, stopped and rested on the seventh day. God, who never gets tired or sleepy, decided not to work on the Sabbath day and to rest and reflect on all that he made. You too need to step back from everything that you are doing and rest and reflect on all that you have done through the past week.

“Remember the Sabbath day by keeping it holy. Six days you shall labor and do all your work, but the seventh day is a sabbath to the Lord your God. On it you shall not do any work, neither you, nor your son or daughter, nor your male or female servant, nor your animals, nor any foreigner residing in your towns. - Exodus 20:8-10

In addition to not working on the Sabbath day, we are also to dedicate the Sabbath day to worship God. Looking back at all that he has provided for you in the past week and worship him for what He was able to accomplish through you.

The apostles gathered around Jesus and reported to him all they had done and taught. Then, because so many people were coming and going that they did not even have a chance to eat, he said to them, “Come with me by yourselves to a quiet place and get some rest.” So they went away by themselves in a boat to a solitary place. – Mark 6:30-32

This was after Jesus fed the 5000. Doing God's work is important, but Jesus recognized that to do it effectively we need periodic rest and renewal. Keep this in mind as you serve in your various ministries.

Then he said to them, "The Sabbath was made for man, not man for the Sabbath. So the Son of Man is Lord even of the Sabbath." – Mark 2:27-28

God created the Sabbath for us. We are restored both physically and spiritually when we take time to rest and to focus on God.

In peace I will lie down and sleep, for you alone, Lord, make me dwell in safety. – Psalms 4:8

This is a verse that you can pray over yourself as you sleep or try to get some rest. Be lead by the Holy Spirit as God gives you sweet rest and leads you to dwell in safety.

You will keep in perfect peace those whose minds are steadfast, because they trust in you. - Isaiah 26:3

We can never avoid strive in the world around us, but with God we can know perfect peace even in turmoil. When we are devoted to him, our whole attitude is steady and stable. Supported By Gods unchanging love and mighty power. If you want peace, keep your mind focused on God.

The Lord is my shepherd, I lack nothing. He makes me lie down in green pastures, He leads me beside quiet waters, he refreshes my soul. – Psalms 23:1-3

When we allow God to guide us, we have contentment. Our Sheppard knows the "green pastures" and "quite waters" that will restore us. We will reach these places only by following him.

Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. - Philippians 4:6-7

Gods peace is different from the worlds peace. True peace is not found in positive thinking, in absence of conflict or in good feelings. It comes from knowing that God is in control of it all. Let Gods peace guide you in victory over anxiety.

Weekly Prayer Plan – Rest and Peace for your Soul

How to Use this Template:

Download and save this document to begin using at the beginning (Monday) of every week. Every week will have different bible verses to meditate on based on the Faith Fight Podcast episode topic for that week. Determine the time and place that you will devote to prayer. The below structure is set for one hour and is only used as a guide. You can adjust your timing if necessary.

Time: _____

Place: _____

5 min – Drawing Near To God

5 min – Confession

10 min – God-Centered Petitions

10 min – Intercessory Prayer

10 min – Personal Petitions

15 min – Meditation

5 min – Praise, Thanksgiving & Closing

1. **DRAWING NEAR TO GOD** - Matt. 6:9 “This, then, is how you should pray: “Our Father in heaven, hallowed be your name”

God the Father is the focus of all our prayers. We should never forget what a privilege it is to bend our knees on earth and reach almighty God in heaven.

2. **CONFESSION** - Matt. 6:12 “Forgive us our sins as we forgive those who sin against us”

When we repent and forgive others, we maintain fellowship with God. But if we hold grudges, that fellowship is broken. God loves to answer our prayers when the lines of communication are not disrupted.

3. **GOD CENTERED PETITIONS** Matt 6:10 “Your kingdom come. Your will be done, On earth as it is in heaven.”

Prayer should reflect a desire to align ourselves with God’s goals and purposes, not to get Him to follow our plans.

4. **PERSONAL PETITIONS** Matt 6:11 “Give us today our daily bread.”

We are dependent upon the Lord for our needs and He wants us to come to Him with our requests.

5. **MEDITATION Joshua 1:8** “Keep this Book of the Law always on your lips; meditate on it day and night, so that you may be careful to do everything written in it. Then you will be prosperous and successful.”

Meditation is thinking about the word of God to understand what it means in the context of the scripture and how it can apply to your life today. The Word of God is powerful enough to still be relevant in your life today even though it was written thousands of years ago.

Read through the scripture passages for today as listed below:

Meditational Verses

Monday: **Matthew 11:25-30**

Tuesday: **Psalms 4**

Wednesday: **Mark 6:30-44**

Thursday: **Psalms 23**

Friday: **Mark 2:23-28**

Saturday: **Philippians 4:6-7**

Sunday: **Genesis 2:2-3**

Once you have read the scripture for today, write down your answer to the questions below or any other insight/revelation that you receive in your prayer journal.

1. Is there a promise to claim?
2. Is there a lesson to learn?
3. Is there a blessing to enjoy?
4. Is there a command to obey?
5. Is there a sin to avoid?
6. Is there a new thought to carry with me?

6. **PRAISE & THANKSGIVING 1 John 5:14-15** “This is the confidence we have in approaching God: that if we ask anything according to his will, he hears us. And if we know that he hears us—whatever we ask—we know that we have what we asked of him.”

We can end our prayer time with confidence that God has heard our prayer and will answer in His perfect timing. Demonstrate your faith in Him by showing thanks before you see the answer to your prayers.