

## **A Home at Rest - Physical Rest - Listening Guide**

2 Key Principles that I've applied to my daily life:

**1. Living in Rest** - not allowing today's culture dictate my days, but instead to live as Scripture teaches - to live sacred; set apart from the world. To live in it, but not of it. But what does that really mean? (Go to my blog and I have a small explanation to what they means for our daily living.)

**2. Develop daily "Rest Routines"** - In your binder, we started last week a category called "Getting Personal with the Lord" and started listing areas of our life where we were experiencing struggle, spiritual defeats, needed answers and direction. And we also listed areas where we want to know more of God's character, experience more of His nature in our life. Going to His Word for what He has to say about certain areas of your life, is where life change begins ... every time! A "rest routine" is when we practice what we have read in God's Word and we not only ask the Holy Spirit to engrave them in our heart - in our mind - but those are the very verses we meditate on. No, this is not a man-made law (what I'm suggesting in having rest routines), but instead they are what see Jesus doing throughout his earthly ministry.

**Read Matthew 14:23, Mark 6:31 and find 2 other verses that show you the discipline of "rest" that Jesus lived.**

A rest routine literally means ..... to stop and pray to the Lord - call on Him - lift your thoughts intentionally into His throne - practice His very presence in that moment, that situation, that circumstance. Stop and rest the mind, the body to take that moment to realize He is with you and is in total control. If you can take a longer rest, pray about what's on your mind. Talk with the Lord and share your thoughts. Then simply be still. Let rest come in the stillness and silence of sitting in the Presence of the Lord.

**NOW TIME TO GET TO THE KITCHEN :))**

**3. Find what works for you** - keto, plant paradox, paleo, etc - what works for your body when it comes to what enters into it through the mouth

**Plant Paradox Shopping List - <https://gundrymd.com/plant-paradox-shopping-list/>**