

The logo for OASIS features a circular emblem on the left containing a stylized blue wave. To the right of the emblem, the word "OASIS" is written in a large, black, sans-serif font. The letter 'O' is the same circular emblem, while 'A', 'S', 'I', and 'S' are simple outlines.

OASIS

*Soul Refreshing*

# Rest

- Lettie Cowman – traveler
- Cowman reflects, “The whirling rushing life which so many of us live does for us what the first march did for those poor jungle tribesman. The difference: they knew what they needed to restore life’s balance; too often we do not.”

# Rest



- Too often we are suffering from hurried sickness. Our souls are panting and sorely in need of rest. Busy is an outward condition, a condition of the body. Busyness is inevitable. Hurried is an inner condition, a condition of the soul (Dallas Willard).

# Rest



- Hurriedness makes us preoccupied with ourselves & our lives. We are unable to be fully present to God and others. John Ortberg wrote in Soul Keeping, “Busyness migrates to hurry when we let it squeeze God out of our lives.”

# Rest



## Busy:

A full schedule  
Many activities  
Outward condition  
Physically hard  
Reminds me I need  
God

## Hurry:

Preoccupied  
Unable to be present  
Soul sickness  
Spiritually draining  
Causes me to be  
unavailable to God

# Rest



- Jesus calls us to a life of rest. How do we enter in? We need to develop a rhythm between activity and rest. We must have enough rest so that we do not suffer from hurried sickness.
- First, let's look at Jesus as our model. (40 day fast & solitude to start; comes out with the power of the Spirit)

# Rest



- First, let's look at Jesus as our model.
- Mark 1:32f, “That evening after sunset the people brought to Jesus all the sick and demon-possessed. The whole town gathered at the door, and Jesus healed many who had various diseases. He also drove out many demons.”

# Rest



- First, let's look at Jesus as our model.
- Mark 1:35, "Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where he prayed." (Activity & rest)

# Rest

- First, let's look at Jesus as our model.
- Jesus lived out a rhythm of activity and rest, and he taught this to his disciples. (Mk 3 – context, day of ministry, night of prayer) “He appointed twelve – designating them apostles - that they might **be with him** and that he might *send them out* to preach and to have authority to drive out demons” (Mark 3:14-15)

# Rest

- First, let's look at Jesus as our model.
- Jesus ministered from intimacy with the Father. He rested in the Father's love. We need to rest in our identity as dearly loved children of God, and minister from that approval with a heart full of love. (increased activity; increase rest – more retreats, more silence)

# Rest

- Second, how do we establish a rhythm of activity and rest that allows our souls to be rested?
- What spiritual activities do you engage in that you have a rested soul? (soul refreshing spiritual disciplines – worship; silence; meditation; walks in nature, etc)
- How often do you need to engage to stay fresh? (weekly, monthly, yearly)

# Rest

- Second, how do we establish a rhythm of activity and rest that allows our souls to be rested?
- Ask God for help in establishing your rhythm. (Theology 101) (10 minute retreats – God thing) (hurried sickness – get alone with God; will have to change to get well)
- Consolation & desolation. (nature – Ron)