

VINEYARD church

PRAYER & FASTING

DAY 11

Scripture Focus

Then he got into the boat and his disciples followed him. Suddenly a furious storm came up on the lake, so that the waves swept over the boat. But Jesus was sleeping. The disciples went and woke him, saying, "Lord, save us! We're going to drown!" He replied, "You of little faith, why are you so afraid?" Then he got up and rebuked the winds and the waves, and it was completely calm. The men were amazed and asked, "What kind of man is this? Even the winds and the waves obey him!"

Matthew 8:23-27

Every Breath is a Chance to Reset

For me, especially in this season of life with young kiddos, alone time with the Lord seems even harder to fight for nowadays so I've had to really learn how to find ways to include my kids in my rest time with the Lord. I was having a particularly difficult morning with my 2-year-old, and I decided we needed to get out of the house and head to the park to get some fresh air. I had a short fuse that morning and could sense the Lord prompting me to find rest and calm in the midst of what felt like chaos. I thought to myself, if Jesus could fall asleep in the back of a boat during a storm, then surely I can find a way to spend time with the Lord in the midst of a screaming and defiant toddler. As my 2-year-old and I were driving to the park I felt the Lord saying to me "every breath is a chance to reset" I took a deep breath and started to point out all the pretty trees on our way to the park and their colors and how God made those trees. It seemed to distract him just enough that he stopped crying and began to look out the window. And I asked him, "Do you think God made these trees because He thought they'd bring us joy?" And my son said, "Oh ya! God's happy!"

A moment of chaos quickly became a moment with the Lord. We found an opportunity to reset and be present with Jesus together. I immediately felt the Lord's joy and presence with us and our entire day shifted because of that one moment of rest with the Lord.

Storms can bring about fear and frustration or fresh faith!

In Matthew 11:28 it says, "Come to me, all you who are weary and burdened, and I will give you rest."

- How do you currently experience God's rest in your life?
- What areas of your life feel most depleted and in need of rest?
- What are your biggest obstacles to experiencing true rest in your daily life and how can you invite the Lord into that?

The Lord wants to invite you into deeper rest this week. His presence is always available!

Prayer

Lord teach me to rest in the finished work that you did on the cross. Teach me to be still and find moments of rest with you throughout my day. Amen.

Michelle Hord

Associate Worship Pastor