BIBLE STUDY WORKSHEET

Rest Without Guilt

Rest is faithful stewardship, not a reward for reaching exhaustion.

Prepared by Vanessa

"Come with me by yourselves to a quiet place and get some rest."
Mark 6:31

OPENING PRAYER

God, quiet the voice that says I must earn rest. Teach me to receive limits as wisdom, not failure. Restore my body, mind, and spirit so I can live and serve from peace instead of depletion. Amen.

Name _____ Date _____

Bible Study Group _____ Leader _____

PURPOSE OF THIS STUDY

This study reframes rest as a God-given rhythm that restores clarity, health, relationships, and sustainable service.

[ ] Release guilt [ ] Honor limits [ ] Practice Sabbath [ ] Serve sustainably

PART 1

You Were Created With Limits

Human limits are not moral failures. Sleep, nourishment, quiet, and recovery are part of embodied life.

> **He grants sleep to those he loves.**
>
> Psalm 127:2

TRUTH TO CARRY

Ignoring limits does not make us more faithful; it often makes us less present.

REFLECT AND DISCUSS

What signs tell you that you are depleted?

What belief makes rest feel guilty?

What limit needs respect this week?

Rest is not laziness when it restores what responsibility requires.

PART 2

Jesus Stepped Away

Jesus did not respond to every demand immediately. He made room for prayer, solitude, meals, and sleep.

Jesus often withdrew to lonely places and prayed.

Luke 5:16

TRUTH TO CARRY

Holy purpose includes rhythms of withdrawal and return.

REFLECT AND DISCUSS

What demand feels constantly urgent?

Where could you create a brief pause?

How might rest improve the way you love?

A pause can protect your presence.

PART 3

Sabbath Resists Endless Production

Sabbath reminds us that our worth and the world do not depend on nonstop labor.

> **The Sabbath was made for man.**
>
> Mark 2:27

TRUTH TO CARRY

Rest interrupts the lie that productivity determines value.

REFLECT AND DISCUSS

What work is hardest to set down?

What restores wonder and connection?

What boundary could protect regular rest?

> **Stopping is an act of trust.**

PART 4

Rest Prepares Sustainable Service

Serving from chronic depletion can produce resentment, mistakes, and emotional absence.

Do not grow weary in doing good.

Galatians 6:9

TRUTH TO CARRY

Receiving care helps generosity remain honest and sustainable.

REFLECT AND DISCUSS

Where has exhaustion changed your attitude?

What support could you accept?

What can be postponed, shared, or declined?

You are allowed to refill before you are empty.

PRACTICE

My Rest Plan

Design one realistic rhythm of restoration for this season rather than an ideal plan you cannot sustain.

The clearest sign I need rest:

A responsibility I can share or simplify:

A restful activity that truly restores me:

A boundary that will protect this time:

The guilt statement I will replace with truth:

THIS WEEK I WILL

[ ] Protect sleep
[ ] Eat and hydrate
[ ] Take a quiet pause
[ ] Put down the phone
[ ] Receive help
[ ] Plan a Sabbath window

MY ANCHOR PRAYER

God, teach me to stop without shame and return with peace.

CLOSING TOGETHER

Rest Is Part of Faithfulness

God can meet you in stillness as surely as He meets you in service.

CLOSING PRAYER

Father, release us from frantic striving. Give us wisdom to honor our limits, courage to disappoint unrealistic expectations, and joy in receiving rest as Your gift. Amen.

A WORD OF ENCOURAGEMENT

You do not have to collapse before you are allowed to rest.

CLOSING CIRCLE

One form of rest I need most:

One boundary that will protect it:

MY DECLARATION

I will receive rest as wise stewardship of the life God has entrusted to me.

Signature Date