



PEOPLE OF PRESENCE

— From God's Presence to God's People —

QUARTER 1 — CREATED TO DWELL

Learning to Delight in God's Presence

WEEK
6

REST

Psalm 127

"Unless the Lord builds the house,
its builders labor in vain."

“

Unless the Lord
builds the house,
its builders labor
in vain.

PSALM 127:1



THE BIG IDEA

God calls me to rest
so I can enjoy what
He is already doing.



GOSPEL IDENTITY

Because Christ is my Sabbath
and Sustainer...

- ✓ I am not my own.
- ✓ I can rest in His finished work.
- ✓ I am held in His unending love.

FROM PROTEST TO PRAISE

A JOURNEY THROUGH PSALM 127



1 PROTEST

What hurts?

Life feels rushed,
overwhelming,
or out of control.



2 PRESENCE

Bring it to God.

I bring my stress
and burdens before
the Lord.



3 PERSPECTIVE

What is true?

He builds, provides,
and sustains—
without my help.



4 PRAISE

Trust grows
while waiting.

I will rest in Him
and receive His
good gifts.



CREATIVE RESPONSE

CREATE A SABBATH PLAN

Design a weekly plan to set aside
time to rest in God's presence.
Include rhythms that help you stop,
rejoice, and remember what He
is doing—even when you're not.



Let your plan help you rest
in what He is building.



BODY LIFE PRACTICE

SHARE ONE BURDEN TO RELEASE STRESS

In your group, take turns sharing one
burden or source of stress.
Pray over each other and release it
to the Lord together.
He cares for you.



COMPANION QUESTIONS

- 1 What keeps you from resting in God right now?
- 2 How does Psalm 127 challenge the way you live and work?
- 3 What would it look like to trust God to build while you rest?
- 4 How can you create margin this week to rest in Him?



PRESENCE PRACTICE

THIS WEEK

Practice resting in what
God is already doing.
Each evening write:



Today I
choose to
release...



Today I
thank God
for...



Today I will
rest in His
provision by...



MEMORY VERSE

Psalm 127:1

"Unless the Lord
builds the house,
its builders labor
in vain."



GOSPEL TRUTH

Stress Sabbath is
a person—Jesus
(verse), and it's a
shadow of what we
have in Christ
(Colossians).



God's last day was Adam and Eve's first day. We are invited to work from rest,
not for it—setting apart time to ponder all that is "working while we rest without our help."