REDEMPTION CITY CHURCH

ABIDE Week #1
The Rhythms of Rest
John 15:1-8



STICKY STATEMENT: God will always bless your rest.

Like the little boy on the drummer's lap, abiding isn't trying harder — it's staying closer. Jesus is the True Vine. False vines promise fruit, but they never supply life.

ABIDE *(menō)* = to remain, to stay, to make your home.

ABIDING = being with Jesus before doing for Jesus.

3 Steps you have to take if you want to ABIDE IN REST …

1. PICK A _____. (Mark 1:35; Ps. 46:10)

"Very early in the morning, while it was still dark, Jesus got up…and went off to a solitary place, where he prayed." (Mark 1:35)

There is no intimacy without intentionality.

For Jesus, a place of rest was a rhythm and a requirement.

You can't pour out if you're not filled up.

"Be still" = let go, cease striving. Stillness isn't for when life is calm — it's how we survive when it isn't.

What does your soul need to say to God?

I'm afraid. I'm hurting. I'm mad. I'm sorry.

2. GUARD YOUR _____. (Mark 1:35–39)

MARGIN = the space between my life load and my limits.

For many of us, our lives aren't full — our schedules are.

HURRY HURTS US

IT STEALS OUR JOY — *we rush past the moments that matter most.*

IT SHRINKS OUR RELATIONSHIPS — *the ones we love get our leftovers.*

IT DISCONNECTS US FROM GOD — *"Hurry is the great enemy of the spiritual life." (Dallas Willard)*

Jesus lived at 3 mph — the speed of love. The crowd's urgency didn't set His agenda; His time with the Father did. (v. 38)

Jesus went slow so He could stay close.

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3. TAKE HIS _____. (Matt. 11:28–30)

"Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me…and you will find rest for your souls."

YOKE = a rabbi's way of life. "Take My yoke" = become My disciple; learn My way.

EASY *(chrēstos)* = well-fitting, kind, good.

His yoke isn't lighter because the work disappears. It's lighter because it fits you — and He's pulling it with you.

Rest isn't the absence of burdens. It's the presence of Jesus in them.

"You can lock a man in a hole, but you can't cut a branch off the Vine." (Richard Wurmbrand)

DO THE WORD – JOHN 15:5

"I am the vine; you are the branches. Whoever abides in me and I in him, he it is that bears much fruit, for apart from me you can do nothing."

PICK A PLACE + GUARD YOUR PACE + TAKE HIS YOKE = REST FOR YOUR SOUL

Pick a place: Where and when do you consistently meet with Jesus? If you can't name a place and a time, what does that tell you?

Be honest: What does your soul need to say to God right now — I'm afraid, I'm hurting, I'm mad, or I'm sorry?

Guard your pace: Is your life full, or just your schedule? What's one good thing crowding out a God thing?

Take His yoke: Whose yoke are you carrying? What situation do you need Jesus to walk you through, at His pace?

TAKE THE 5 DAILY RHYTHMS OF REST HANDOUT THIS WEEK AND PRACTICE ABIDING IN REST.

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