

**EPISODE:** 349

**TITLE:** 7 Lies That Ruin Our Ability To Rest

Rest is fueled or depleted by the impact of what we believe. Are you letting God's perspective about *you*, guide you into a life that is abundant and fulfilling?

Here are three things to believe and consider about the rest...

1. **We've all been conditioned to believe that our work is synonymous with how valuable we are.** That's the DO to BE distortion. We are each made in the image of the almighty God (Gen. 1:27), and He sees us as immensely valuable—valuable enough to give His very life for—regardless of our productivity and performance. When we know how dearly loved we are, we are free to work from rest, (instead of the other way around) which is far more life-giving than working harder and harder in order to up our value in the eyes of others.
2. **When we don't rest, we get missional living backward.** We focus on the *DOing*, forgetting that doing flows from BEing. What we *do* doesn't procure our identity as missional people; Rather, what Jesus has *done* on the Cross both secures our identity and sends us out on his mission. Not to earn his love and approval, not to prove to him (and others) how "missional" we are. Now, because of Jesus, we both get to serve and we get to rest!
3. **A regular rhythm of life-infusing rest keeps our hearts soft to the Lord,** fine-tunes our ability to hear his gentle promptings, and fills us so we have something to pour out. It's a grace-filled way of living, and it takes the pressure off of us so we can truly let Him lead. If you are thinking, "*Yes! I have some (or many of those lies keeping me from truly resting... but where do I start?!)*" Start by asking the Holy Spirit to grant you repentance unto new freedom in these areas. Begin by praying Twyla's, *A Prayer For The Weary*, as God rewires your heart to trust him more.

### **A Prayer For The Weary**

"Lord, you yourself showed us how to rest. You created rest. And you created us to need rest. We let go of our striving to do it all, be it all. We open our hands and offer you the reins. We are sorry for the times we've snatched back what we've offered you, for the times we've let fear spur us to take back control, for the ways we've assigned greater value to what we do than what you say is true of us because of you. Lead us, Lord, nearer to you so we might better align our hearts with your truth. In the precious and holy name of Jesus, we pray. Amen.

**Also:** If you're interested in learning how our coaching can help you grow in gospel fluency and make discipleship a lifestyle, let's talk. I'd love to set up a quick Zoom call and get to know you and tell you about it. ~Caesar

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**Thanks for listening... I'll see you in the next episode!**

*Caesar*