

Laying Down Our Work and Rest

In the story of creation, we are given the Promise of Work and Rest.

Both work and rest are gifts of God, but sometimes our work and rest do not bring glory to God.



Confess ways that your work does not bring God glory. For instance:

- Do you find your identity in your work instead of in God?
- Do you think that work can satisfy all of your needs?
- Do you worry about your work instead of trusting God to fulfill your needs?



If so, journal a confession to God.
Place this confession on the cross.

Often times we rest in ways that are unhealthy for our bodies, minds, and spirits. Confess ways that your rest does not bring God glory. For instance, do you

- indulge in too much junk food?
- drink too much alcohol or use recreational drugs?
- watch screens that are not edifying?
- treat your body with disrespect instead of exercising?
- oversleep or not sleep enough?



If so, journal a confession to God.
Place this confession on the cross.

Remember that God is the Creator and is always Re-Creating.

Ask God to help you change unhealthy ways of work and rest into ones that glorify God during this Lenten season. God's mercies are new every morning and we can trust in God's love & power.