



SHARING SCRIPTURE

Discover • Jesus • Together

Free to Rest

For use: August 15 - 21

Texts: Mark 2:1–12, 1 Kings 18, 1 Kings 19:1–8, Matthew 5:1–3, Isaiah 53:4–6, 2 Kings 2:11

“I’ve had enough.”

These words uttered by the great prophet Elijah ([1 Kings 19:4](#)) have perhaps never resounded more strongly across space and time than they do in our current age of social unrest, political instability, and health uncertainties. Afghans seek refuge from Taliban rule [1], Haitians hurry to find loved ones claimed by a massive earthquake as a tropical storm weaves through the country [2], and the Delta variant leaves small businesses gasping for air as hospitals overflow with COVID victims [3].

It’s times like these that have people pulling their hair out and wanting to run away from the challenges this world poses. Although the Scriptures remind us to hand our fear to God, even Moses and Elijah fell victim to bouts of anxiety, so it seems like we have a right to freak out. Fortunately, no one better understands that than our empathetic Creator.

As Jesus walked the earth, He not only witnessed many horrors but also lived them ([Isaiah 53:4-6](#)), losing a close friend, His city, and ultimately His life. He, too, sought refuge from the sins of the world, another way out, when He pleaded “take this cup away from Me” ([Luke 22:39-46](#)).

God knows what it is to tire from worry, and provides the rest we need to regroup and face the world with a renewed--refreshed--perspective. Christ was able to rest in the grave before reconvening with His disciples and giving them the Great Commission ([Matthew 28](#)). Likewise, God granted the exhausted and terrified Elijah rest, food and drink ([1 Kings 19:1-8](#)) before resuming the crusade against Ahab and Jezebel. But it took Elijah’s and Christ’s trust in the

unchanging, loving and generous Deliverer to make this rest possible.

We're all more than a little tired, and ready to shout "I've had enough, Lord!" God is waiting with our pillows and bedding in hand. We just need to open our eyes to see it.

~ Stefani Leeper

[1] <https://apnews.com/article/afghanistan-taliban-784681c4400b097cf73b93cec34c5c61>

[2] <https://www.bbc.com/news/world-latin-america-58222888>

[3] <https://www.washingtonpost.com/us-policy/2021/07/20/biden-delta-coronavirus-economy/>

For Reflection

Connecting: Do we sometimes overwork ourselves, toiling all the days of our life, for the honor and glory of God? How do we start selecting what's most important rather than trying to accomplish all that is presented to us? Where do we strike the balance between rest and work?

Sharing: What is today's greatest threat to spiritual well-being, or trust in God? Why?

1. Terrorism
2. Political unrest
3. Natural disasters and/or arsons
4. Different faith beliefs
5. Substance abuse
6. Broken relationships
7. Other

Applying: Feeling overworked? If you are meeting with family, friends, or even your small group, you may wish to form a charity-train. For example, you could assist Sally with maintaining her lawn this week, and the next week Sally helps Adnan with a DIY project, and the following week Adnan picks up that item for you from across town that you need. If people are in too short of supply to form a charity-train, you may seek to help run errands for someone you know this week.

Valuing: What is something you're tired of running from? Remember that God understands your feelings, then ask that your fear/anxiety/despair be relieved and that you may see the results in a tangible way.

Other Helpful Resources

[Creative Ministry's website](#) equips you with [friendship evangelism](#), [small group](#), [community outreach](#), and [healing ministry](#) tools right at your fingertips. Our website also

features [Adventist research conducted by Monte Sahlin](#), as well as [Sharing Scripture archives](#), [ScripShots](#), and more. And if you're tired of staring at a screen, digital files are available for download as PDFs and to print.

We believe [CreativeMinistry.org](#) is an online library you'll want to be a part of. We'll see you there!

If you appreciate using Sharing Scripture as a resource, and you know others who may be interested, please share these newsletters with your friends. Better yet, have them personally sign up for this free resource. They can do that by calling 800.272.4664 or by emailing us at creativeministryinfo@gmail.com.

Three decades ago, we created this resource for small groups and Sabbath school classes, and it continues to bless so many people worldwide. Thank you for your continued interest in these biblical themes and what they mean to your life and those people with whom you share it.

Paul Richardson
Executive Director

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