



Navigators Discipleship Tool



Finding Rest in God Through Prayer

You're invited into finding rest in God through prayer on a moment-by-moment basis. The psalmist David describes this in Psalm 62:1-2: "Truly my soul finds rest in God; my salvation comes from him. Truly he is my rock and my salvation; he is my fortress, I will never be shaken" (NIV). If you long for a deep breath in life and experiencing prayer in a fresh and restful way, then try this prayer exercise to simplify and make space for more of God.

Preparing Your Heart for Finding Rest in God

Spend two or three minutes quieting your body, mind, and soul. Your day may be in full swing when implementing this spiritual practice. Imagine yourself coming home to the Kingdom of God within your own heart. Breathe deeply and quietly as you hear Jesus reminding you of these words: "... the kingdom of God is in your midst" Luke 17:21 (NIV).

Pressing In to Find Rest in God

The prayer of simplicity helps us see how we are investing our lives in the Kingdom of God and all that it stands for. Consider the ways you may be focused instead on your digital world.

Some examples might be:

- putting more energy into virtual relationships than face-to-face ones
- feeding your soul with spiritual sound-bites from the internet rather than quality time with God
- clamoring for affirmation via social media rather than resting in the approval you already have in God
- being overly fascinated with reality TV experiences or social media influencers more than those people in your day-to-day

Read Romans 14:17 several times: "For the kingdom of God is not a matter of eating and drinking, but of righteousness, peace and joy in the Holy Spirit" (NIV).

- What stands out to you here? How does Paul describe the Kingdom of God?
- Sit quietly for a few minutes, pondering the phrase: "righteousness, peace, and joy in the Holy Spirit."



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Talking with God about Finding Rest in Him

For the next few minutes, interact with God over this truth and its relationship to your own life. You might use questions such as the following:

- Lord, where do I lack righteousness (the sense of being aligned with God's purposes and values) in my life?
- Lord, where do I lack peace in my life?
- Lord, where do I lack joy in my life?

Reflecting on Finding Rest in God

Looking back at your answers, prayerfully consider at least one thing you might do to simplify your life in order to experience righteousness, peace, and joy more fully. Once you feel you know what that is, write it out — include what, when, and how you plan to do this.

For example: *Starting tomorrow, I will pause and offer a breath prayer before checking my smartphone at least three times a day, or Starting today I will limit my screen time so I can read and process spiritual truth.*

End with a time of gratitude for God's goodness.
