



SHORELINE.CHURCH

# WALKING WITH JESUS

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*Working From  
Rest*

**Month Three | November 2022**

# READ JOHN 6:1-15 (NIV)

1 Some time after this, Jesus crossed to the far shore of the Sea of Galilee (that is, the Sea of Tiberias), 2 and a great crowd of people followed him because they saw the signs he had performed by healing the sick. 3 Then Jesus went up on a mountainside and sat down with his disciples. 4 The Jewish Passover Festival was near. 5 When Jesus looked up and saw a great crowd coming toward him, he said to Philip, "Where shall we buy bread for these people to eat?" 6 He asked this only to test him, for he already had in mind what he was going to do. 7 Philip answered him, "It would take more than half a year's wages to buy enough bread for each one to have a bite!" 8 Another of his disciples, Andrew, Simon Peter's brother, spoke up, 9 "Here is a boy with five small barley loaves and two small fish, but how far will they go among so many?" 10 Jesus said, "Have the people sit down." There was plenty of grass in that place, and they sat down (about five thousand men were there). 11 Jesus then took the loaves, gave thanks, and distributed to those who were seated as much as they wanted. He did the same with the fish. 12 When they had all had enough to eat, he said to his disciples, "Gather the pieces that are left over. Let nothing be wasted." 13 So they gathered them and filled twelve baskets with the pieces of the five barley loaves left over by those who had eaten. 14 After the people saw the sign Jesus performed, they began to say, "Surely this is the Prophet who is to come into the world." 15 Jesus, knowing that they intended to come and make him king by force, withdrew again to a mountain by himself.

## IDENTIFY THE FOLLOWING:

(Here or in your Bible/Bible App)

Underline the first situation or problem.

[Put brackets around the reason the people were following Jesus.]

Re-read v. 5 and circle the verb Jesus used when asking Philip a question.

Highlight what Jesus did to solve the first problem.

Underline the second problem in this passage (v. 14-15).



# JESUS'S EXAMPLE

## REFLECT:

What was Jesus' attitude and emotional state throughout the passage?

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How did Jesus respond to the challenges presented?

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Jesus was the one the crowd was following. He had influence with 5,000 men plus women and children. Not only that, but this crowd was following Him because they wanted something from Him. They saw Jesus' miracles and began following Him around. Perhaps they thought, "Maybe He will do a miracle for me." Perhaps they wanted to discover if He was the promised Messiah.

Consider Jesus' situation for a moment. He had a throng of people coming towards Him, and He had 12 followers who were looking to Him for every decision. It may seem that an appropriate response to the people's need for food would be to frantically create a plan, communicate to the disciples what needs to happen, and then execute. "Peter, you and Andrew go back to the Sea of Galilee and fish. Matthew, you collect money from the people so that we can buy bread. Everyone else try to keep the people calm while we wait for the others to return."

But instead, Jesus responded from a deep place of security and calm. When the crowd wanted to make Him king by force, He snuck away to be alone.



Let's look at another example of how Jesus handled a difficult situation.

## **READ *MATTHEW 8:23-27*.**

*23 Then he got into the boat and his disciples followed him. 24 Suddenly a furious storm came up on the lake, so that the waves swept over the boat. But Jesus was sleeping. 25 The disciples went and woke him, saying, "Lord, save us! We're going to drown!" 26 He replied, "You of little faith, why are you so afraid?" Then he got up and rebuked the winds and the waves, and it was completely calm. 27 The men were amazed and asked, "What kind of man is this? Even the winds and the waves obey him!"*

## **READ *MATTHEW 11:28-30*.**

*28 Come to me, all you who are weary and burdened, and I will give you rest. 29 **Take my yoke upon you and learn from me**, for I am gentle and humble in heart, and **you will find rest for your souls**. 30 For my yoke is easy and my burden is light.*

Jesus says to learn from Him, and we will find rest for our souls. What can we learn from Him in **John 6:1-15** and **Matthew 8:23-27**? Fill in your answers.

**ATTITUDE**

**FAITH**

**ACTION**

**PRAYER**

**OTHER:**

# SNACK BREAK

Half-Baked Harvest Recipe:

<https://www.halfbakedharvest.com/cinnamon-pumpkin-butter-bread/>

## Ingredients

- 1 cup pumpkin butter
- 1 cup canned pumpkin puree (not pumpkin pie filling)
- 3/4 cup melted coconut oil (or melted butter)
- 1/2 cup maple syrup
- 3 large eggs
- 1 tablespoon vanilla extract
- 3 cups all-purpose flour
- 2 teaspoons baking powder
- 1/2 teaspoon baking soda
- 2 teaspoons pumpkin pie spice
- 1/2 teaspoon kosher salt
- 8 ounces cream cheese, melted
- 1/2 cup cinnamon sugar

## Ingredients

- 4 tbsp salted butter
- 2 tbsp honey

## Instructions

1. Preheat the oven to 350° F. Butter 2 (9×5 inch) bread pans.
2. In a large mixing bowl, stir together the pumpkin butter, pumpkin, coconut oil, maple syrup, eggs, and vanilla until combined. Add the flour, baking powder, baking soda, pumpkin pie spice, and salt, mix until just combined. Divide half the batter evenly between the prepared bread pans.
3. Spoon teaspoon size amounts of the cream cheese over the batter, using 4 ounces of cream cheese per bread pan. Gently swirl the cream cheese using a sharp paring knife. Sprinkle 2-4 tablespoon of cinnamon sugar over each pan, then evenly spoon the remaining batter over each bread pan, it's OK if all the cream cheese is not covered. Sprinkle 2-4 tablespoons cinnamon sugar over each pan.
4. Bake for 40-45 minutes, or until the center is just set.
5. Meanwhile, make the honey butter. In a small bowl, combine the butter, honey, and a pinch of salt.
6. Remove the bread and let cool, or enjoy warm with extra honey butter.



# OUR WALK

## HOW MUCH **DO** YOU REST/WORK?

Map out how you generally spent your time last week and write down what you did, For activities you consider work, shade them in one color. For activities that you consider rest, shade them a different color. For the purpose of this activity, there are only those two categories, work and rest. Try not to answer with how you think you should consider the activity, but how you truly experienced it.

|       | Sun. | Mon. | Tues. | Wed. | Thurs. | Fri. | Sat. |
|-------|------|------|-------|------|--------|------|------|
| 6 am  |      |      |       |      |        |      |      |
| 7 am  |      |      |       |      |        |      |      |
| 8 am  |      |      |       |      |        |      |      |
| 9 am  |      |      |       |      |        |      |      |
| 10 am |      |      |       |      |        |      |      |
| 11 am |      |      |       |      |        |      |      |
| 12 pm |      |      |       |      |        |      |      |
| 1 pm  |      |      |       |      |        |      |      |
| 2 pm  |      |      |       |      |        |      |      |
| 3pm   |      |      |       |      |        |      |      |
| 4pm   |      |      |       |      |        |      |      |
| 5pm   |      |      |       |      |        |      |      |
| 6pm   |      |      |       |      |        |      |      |

# HOW MUCH **WOULD** YOU REST/WORK?

Now, fill in the chart with how you would like to spend your time. Shade each activity with the same colors you used for work or rest in the prior exercise. This would be our ideal calendar compared to the one above.

|       | Sun. | Mon. | Tues. | Wed. | Thurs. | Fri. | Sat. |
|-------|------|------|-------|------|--------|------|------|
| 6 am  |      |      |       |      |        |      |      |
| 7 am  |      |      |       |      |        |      |      |
| 8 am  |      |      |       |      |        |      |      |
| 9 am  |      |      |       |      |        |      |      |
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| 3pm   |      |      |       |      |        |      |      |
| 4pm   |      |      |       |      |        |      |      |
| 5pm   |      |      |       |      |        |      |      |
| 6pm   |      |      |       |      |        |      |      |





Go back to the first chart containing what you did last week. Pray through each area marked as feeling like work and ask the Holy Spirit to show you how He wants you to work with an attitude of resting in Him.

Identify areas of your day that are neither work nor restful. Pray and ask God to show you how you can adjust the time to be more restful and still productive by partnering with the Holy Spirit.

## PRACTICE PRAYING FROM REST:

### READ **ROMANS 8:26B-27.**

*...The Spirit helps us in our weakness. We do not know what we ought to pray for, but the Spirit himself intercedes for us through wordless groans. And he who searches our hearts knows the mind of the Spirit, because the Spirit intercedes for God's people in accordance with the will of God.*

Think of someone who needs prayer. This could be someone you know, or it could be a public figure you do not personally know.

Go to a quiet place and pray. Ask God to reveal how He wants you to pray for that person.

Write out how you sense Him leading you to pray (try not to over-think this part).

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**Quick check:** Does what you wrote down align with Scripture and the character of God? If not, start over and ask God to show you how to pray, in Jesus' name. If you struggle with this part, try praying from Scripture (such as the Psalms) to get started.

Pray for the person as you feel the Holy Spirit leading.



**READ ROMANS 12:2.**

*Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is--his good, pleasing and perfect will.*

The exercise on the previous page was designed to help you move beyond striving to come up with the right words and into dependence on God.

Journal your observations below.

How did this activity make you feel?

Was this exercise easy or difficult? How does this compare or contrast to how you usually pray?

[illegible]

Jesus modeled a life free of worry and striving. He woke up early and stayed up late. He worked hard. But, He wasn't anxious or worried, and He didn't do anything on His own (John 5:19).

Now that you have mapped out an ideal week as well as practiced praying with the guidance of the Holy Spirit, the next step is to put it all into practice in your daily life.



Look back at where you feel God is leading you to work from a place of rest. One day this week, set a timer for every hour during that activity.

When the timer goes off, ask yourself if you are working from your own strength or from God's strength. Pray and ask God to guide you and lead you by His Holy Spirit.

## Let's Pray:

Heavenly Father,

I thank you that I can do nothing on my own, and I thank you that you are always there for me. Help me to be more aware of your Spirit and to follow You in all that I do. Thank you for giving me Your Word through the Bible that I may know your truth, character, and promises.

In the areas that I feel stressed or anxious, show me your truth and how you want me to think and believe.

I choose to believe Your truth in Phillippians 4:6-7:

"Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus."

Amen

# WORSHIP WITH US

[Your November Playlist](#)



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