

## **Leading from Rest**

Dan Studt, President, *Freedom in Christ USA*

Transform Retreat – September 17, 2025

### **I. Opening Questions:**

- a. What do you think of when you hear the words rest or Sabbath?
- b. How do most believers you know view rest or the Sabbath?

II. **Thesis:** Rest is an essential gift from God so that our leadership does not become an idol, and so that we can lead from a healthy soul.

### **III. Two Aspects of Rest**

#### **a. Attitude**

- i. An attitude of rest is necessary for good and healthy leadership.
- ii. Illustration: Sight & Sound Theater
- iii. Scripture:
  1. Exodus 20:8-11
  2. Deuteronomy 5:12-15

#### **b. Action**

- i. Hebrews 4:1-16
  1. Belief and
  2. Obedience (listening with the intent to obey)
  3. Jesus, our great high priest, can identify!
- ii. *The Emotionally Healthy Leader*, Pete Scazzero
  1. **Stop** (all paid and unpaid work)
  2. **Rest** (nap, activities that replenish you, relaxation)
  3. **Delight** (what brings you joy and delight?)
  4. **Contemplate** (make it a holy or “set-apart” day, not just a day of entertainment)

### **IV. Three Ministry Distinctives and How Rest Applies**

- a. Identity in Christ
- b. Spiritual Battle of Truth vs. Deception
- c. Steps – A Practical Process of Repentance

**V. Reflection Questions (Table Discussion):**

- a. What do you believe is God's attitude toward you when you are resting?
- b. What thought or habit is your biggest barrier to practicing sabbath rest weekly?
- c. What one step can you take toward getting healthy rest?

**Renunciations and Announcements to help our souls return to Rest:**

*I renounce the restlessness of spirit that drives me to being addicted to activity and causes me to shun stillness, solitude, quietness and rest and robs me of intimacy with God.*

*I announce, Lord, that You have made the godly man or woman for Yourself (Psalm 4:3), and that You have chosen me first and foremost that I might be with You (Mark 3:14).*

*I renounce walking by sight and not by faith (2 Corinthians 5:7) and all the anxiety and fear and panic that accompanies taking my eyes off Jesus (Matthew 14:28-33).*

*I announce Lord, that by Your grace I will fix my mind on the things above where You are (Colossians 3:1,2), fixing my eyes on Jesus who is the author and the finisher of my faith (Hebrews 12:2). You are my Prince of peace (Isaiah 9:6)*

*I renounce the lie that I have something to prove either to myself or to others, and I renounce any pressure to impress anyone. [Let the Lord search your heart and reveal any specific ways you are driven to prove something to anyone, as well as any people you feel pressured to impress.]*

*I announce the truth that I am completely accepted in Christ the Beloved (Ephesians 1:7). I throw off this false yoke and take on the yoke of Jesus (Matthew 11:28-30) who sought to please only the Father (John 8:29).*

*I renounce the unrest that comes from believing that I have to win a competition in my own mind of "one-upmanship" over others. I renounce being driven to appear more spiritual, wise, fruitful, knowledgeable, entertaining or hard-working than anyone else.*

*I announce the truth that a man can receive nothing unless it be given to him from heaven (John 3:27); my times are in God's hands (Psalm 31:15); and I am called simply to walk in the good works God has prepared beforehand for me to do (Ephesians 2:10).*

*I renounce any and all pride and the self-deception of thinking that I know how to care for myself; that I know how to handle situations; that I can always take on more; that I don't need to sleep or rest or take time off as much as others do. I renounce being wise in my own eyes and leaning on my own understanding.*

*I announce my choice here and now to trust in God with all my heart and not lean on my own understanding (Proverbs 3:5-7). I also acknowledge and announce that God's grace is sufficient for me and that I will most gladly boast about my weaknesses so that the power of Christ might dwell in me, for when I am weak, then I am strong (2 Corinthians 12:9,10).*

*I renounce complaining, struggling against, resisting or doubting God's love for me when I encounter various trials for the testing of my faith (James 1:2-4).*

*I choose to accept that those whom the Lord loves He disciplines (Hebrews 12:6) and that His pruning of me proves I am His child and is designed to enable me to bear more fruit (Hebrews 12:7,8; John 15:2). I accept that God will guide me in paths of righteousness for His name's sake, but first He will restore my soul (Psalm 23:3).*