

# CATALYST

A PRAYER INVITATION



Ambassadors For Christ  
In Canada

加拿大  
基督使者協會

# CATALYST

## A PRAYER INVITATION

Unless and until we rest in  
God, we will never risk for God

**Mark Buchanan**

Prayer is a catalyst: it provokes a transformation within us as we consent and engage into God's presence and action. With the current circumstances of our world, our immediate response is to fear and the desire to be in control of our own lives. Instead, our first response should be turning to Him in prayer.

Rest can be enjoying a hobby, watching tv, and self care such as sleep or exercise. If you notice, the tendency when we rest is to usually do something mindlessly in order to “shut off our brain” to rest.

It is important to be aware of the state of our 5 healths: our mental health, physical health, social health, psychological health, and emotional health. The focus of rest is being aware of each health so that we can improve them. Consider each health functioning together like the fingers on your hand, each health being a finger. However, each finger is connected to the palm which is our spiritual health.

Mindful rest is resting with a focus. Similar to the way working out can be either mindless and just doing the actions or can be focused to show better results, the idea of mindful rest in God is spending time with God which actually gives us more energy. Our focus this month will be to encourage and to challenge you to rest with a focus on God.

**NOVEMBER** : REST

**DECEMBER** : IDENTITY & PURPOSE



NOVEMBER

# REST

IMAGERY

The Lord is my shepherd, I lack nothing. He makes me lie down in green pastures, he leads me beside quiet waters, He refreshes my soul.

**Psalms 23:1-4**

## WEEK 1: FINDING REST IN THE BUSYNESS



Our daily life is filled with tasks, noises, voices and it almost seems like a badge of honour to be busy in the world of busyness. But how often do we stop and rest?

In Psalm 23, our God is described to be a good shepherd to his sheep. Not only does He feed, guide, and protect his sheep from danger but rather he invests his all for the sake of the sheep. As the shepherd loves and cares for his sheep, we can find true rest in God's presence when we allow Him to be our Shepherd.

We often are like the sheep in the passage: discontent and lost without the help of their shepherd. Without him and his loving presence, we would be lost and never truly content when we avoid letting God be our only and true Shepherd of our life.

**ACTION:** Spend time in His Presence today. Read Psalm 23 and ask God to show you how to find rest in His "green pastures and still waters" and allow him to "restore your soul" to prepare you for what's ahead of you this week.

NOVEMBER

# REST

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## WEEK 2: MINDFUL REST

*Our hearts are restless  
Until they find rest in You  
This is where my hope lies*

**Rest in You by All Sons & Daughters**

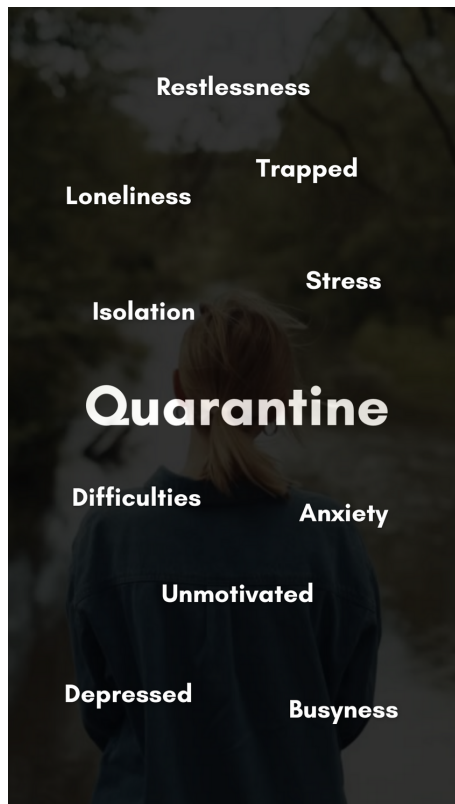


[Listen to "Rest in You" here](#)

TODAY, IF YOU HEAR HIS VOICE, DO NOT HARDEN YOUR HEARTS. THERE REMAINS, THEN, A SABBATH-REST FOR THE PEOPLE OF GOD; FOR ANYONE WHO ENTERS GOD'S REST ALSO RESTS FROM THEIR WORKS, JUST AS GOD DID FROM HIS.

LET US, THEREFORE, MAKE EVERY EFFORT TO ENTER THAT REST, SO THAT NO ONE WILL PERISH BY FOLLOWING THEIR EXAMPLE OF DISOBEDIENCE.

**HEBREWS 4:7, 9-11**



While being in quarantine and lockdown, we may be feeling many emotions (refer to list on the left)

**Throughout the week, your challenge is to:**

1. Take 10 mins each day to spend some time in mindful rest in His presence.
2. Reflect on the idea of who God is to you.
3. Listen and/or sing along to a worship song (or you can use "Rest in You" above)
4. Journal your thoughts as you read His word
5. Ask yourself: What imagery do you see as you are reading and meditating on God's Word?
6. Pray and if able, draw out the reflection and imagery you had in your mind.



NOVEMBER

# REST

IMAGERY

## WEEK 3: REST & RENEWAL

Come to me, all you who are weary and  
burdened, and I will give you rest.  
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.

**Matthew 11:28-29**



### **HENRI NOUWEN WRITES IN "REACHING OUT":**

"TO LIVE A SPIRITUAL LIFE WE MUST FIRST FIND THE  
COURAGE TO ENTER INTO THE DESERT OF OUR  
LONELINESS AND TO CHANGE IT BY GENTLE AND  
PERSISTENT EFFORTS INTO A GARDEN OF  
SOLITUDE."

Rest and renewal is not a space we often venture to in  
our busy world.

Even in silence, it is never truly silent. We live in a world  
where stimulation is constant.

### **Here are some common questions about finding rest in God:**

How do we slow down and hear God?

Do we recognize His voice when there are many others?

Can we stop, slow down, and listen to the God who is speaking to us?

Where have you been the most rest?

What image comes to mind when you think of rest?

Today, come into a moment of silence and pause. Allow yourself to move from the  
restlessness to a time to rest at His feet, into the presence of the God who comforts and  
embraces us.

**ACTION:** Pray that we would truly be able to experience that rest. And in that will we  
desire these sweet and holy moments more and more with the Lord.

NOVEMBER

# REST

IMAGERY

## WEEK 4: JESUS RESTED

Most of the things we need to be most fully alive  
never come in busyness. They grow in rest.

**Mark Buchanan**

THE APOSTLES RETURNED TO JESUS AND TOLD HIM ALL THAT THEY HAD DONE  
AND TAUGHT. AND HE SAID TO THEM, "COME AWAY BY YOURSELVES TO A  
DESOLATE PLACE AND REST A WHILE." FOR MANY WERE COMING AND GOING,  
AND THEY HAD NO LEISURE EVEN TO EAT.

AND THEY WENT AWAY IN THE BOAT TO A DESOLATE PLACE BY THEMSELVES.  
THROUGH HIM THEN, LET US CONTINUALLY OFFER UP A SACRIFICE OF PRAISE  
TO GOD, THAT IS, THE FRUIT OF LIPS THAT GIVE THANKS TO HIS NAME.

**MARK 6:30-32**



Even in the midst of being busy and doing work,  
Jesus takes a moment to remind the disciples to rest  
before going back to work.

We often continue to press forward without rest.  
Sometimes causing the feeling of being drained or  
burning out.

Mark Buchanan writes in *The Holy Wild: Trusting in the  
Character of God*, "Most of the things we need to be  
most fully alive never come in busyness. They grow  
in rest."

Remember that even the disciples, Jesus and even  
God Himself sought rest. Let us spend time with God  
and grow in rest with Him.