

Workshop Outline: Finding Rest and Being Restored in the LORD

Instructor: Christina Dixon

Scripture Focus: Matthew 11:28; John 16:33 (AMP)

Workshop Description

- Learn how to rest in God in both good and bad times. Discover the influence rest has on our ability to have Christlike impact.

I. Scripture Foundation

- Matthew 11:28 (AMP): “Come to Me, all who are weary and heavily burdened...”
- John 16:33 (AMP): “In the world you have tribulation... but take courage; I have overcome the world.”
- Discussion on what rest and restoration mean biblically.

II. Highlight: Rest is not escape, but alignment with God’s presence and promises.

III. Rest in God

Key Points:

1. What does rest invite us to? — Revelation 22:17
2. What does rest require? — 1 Peter 5:7
3. What does rest produce? — Philippians 4:7

IV. Being Restored in the LORD

Key Points:

1. What does being restored in the Lord mean? — Joel 2:25
2. What does active waiting mean? — Isaiah 40:31
3. What kind of work does waiting do? — James 2:17

Group Exercise:

- Small steps to ‘wait actively’ on God while trusting Him for restoration.

V. Practical Application — Rest & Restore Plan

R.E.S.T. — A Framework

- R — Matthew 6:34
- E — Joshua 1:8–9
- S — 1 Peter 4:10
- T — Habakkuk 2:3

VI. Closing & Prayer of Restoration

Now that you understand the need for rest and restoration in the Lord more clearly, may you **use the influence you’ve been given to make a powerful impact for Christ.**