

Notes of Rest: Practicing the Scale

Welcome

Opening Prayer

God, I resolve to rest in you
God, we resolve to rest in you
God, we resolve that they will rest in you
We are loved because you made us, not
because of what we make.
In Jesus' name, Amen.

God, Give Us Your Rest

God, give us your rest
God, give us your rest
We lay burdens down
For treasure we've found
God, give us your rest

SOLO

Sabbath

Exodus 16:27-30

What anxieties threaten your Sabbath practice? How does Sabbath change you?

Just Be (Sabbath)

Sabbath has come
Work takes pause
Time to draw near
Just be

Creation is good, so we'll rest
And oppression won't win, so we'll rest

Sleep & Sanctuary

Matthew 27:15-19

What is God teaching you through your sleep? Who are the condemned for whom you can provide sanctuary?

As We Lie Down (Sleep)

As we lie down
Lord, give your shelter
We can't keep watch
And get the rest we need

As we lie down
Lord help us rise again
For one day we'll sleep
Forevermore

Protect You (Sanctuary)

I'll protect you, God bring your safety
I'll protect you, God bring your safety
I'll protect you, God bring your safety
This is my witness

We'll protect you, God bring your safety...
This is our witness

HARMONY

What did your neighbor hear in the solo?

Moan (Matthew 2:18)

RESOLVE

1 Corinthians 2:1-5

What rest is the Holy Spirit prompting you to take from here?

Closing Prayer

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In Jesus' name, Amen.



Notes of Rest invites the weary to listen for God's transformative rest practiced in the Bible and in music. God has formed this ministry through Julian Davis Reid (M.Div., Candler School of Theology). Today he was joined by vocalist Tramaine Parker. He'll release these Notes of Rest Hymns during Lent 2025. Learn more about Notes of Rest and Julian's other creative endeavors at juliandavisreid.com.