

“I Will Give You Rest”

The Sabbath Principle in a Missionary’s Life

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Personal Background

What we have learned: Scripture and the Sabbath

Sabbath in the Old Testament

Sabbath in the New Testament

What we have become: Pursuers of regular, intentional, contemplative, Christ-centered rest

Key assumption

Key principles

Key questions

Unique approaches

Murf’s experience

Mike’s experience

What we have noticed: the benefits of Sabbath rest

Further resources

Mark Buchanan, [The Rest of God: Restoring your Soul by Restoring Sabbath](#)

Lance Witt, [Replenish: Leading From a Healthy Soul](#)

Mike’s Sabbath Thoughts Blog: <https://sabbaththoughts.wordpress.com>

Planning for Sabbath

If you were to become a pursuer of regular, intentional, contemplative Christ-centered rest:

When would you schedule it?

How much time could you realistically commit to it?

Where would it take place?

What would you set aside during your Sabbath time?

What would you do during your Sabbath time that would make it unique?

Whose help would you need to make it happen?

What challenges would you expect to face?

How would you overcome them?

“Sabbath is the stranger you’ve always known. It’s the place of homecoming that you’ve rarely or never visited, but which you’ve been missing forever. You recognize it the moment you set eyes on it. It’s the gift that surprises you, not by its novelty, but by its familiarity. It’s the song you never sang but, hearing it now, know inside out, its words and melody, its harmonies, its rhythms, the way the tune quickens just before the chorus bursts. It’s been asleep in you all this time, waiting for the right kiss to wake it.”