

Rest

“Come to me, all you who are weary and burdened, and I will give you rest” – Matthew 11:28

When I first started coming to CCF, I saw it as my retreat from school and my reminder that God was here on campus amid the busyness. Going to CCF helped me keep God at the centre of my life through worship and fellowship with the brothers and sisters here. This contributed to me being able to find rest in Christ, which meant putting aside my work and other distractions in order to draw close to God. This rest that I found in Christ gave me renewed purpose when I was faced with all the new challenges university brings. I want to continue to cultivate the atmosphere of CCF as a place where God is and a place to rest in his presence.

Rest through Worship

“My soul finds rest in God alone; my salvation comes from him. He alone is my rock and my salvation; he is my fortress, I will never be shaken” – Psalm 62:1-2

Inspiration:

Being reminded of God's presence by drawing close to him through musical worship or prayer helps me keep my heart centered on Christ when it's hard to remember why I'm studying or rushing from one thing to the next.

Application:

Each large group activity can be an act of worship if our intention is to glorify God. Making these intentions clear would reinforce an atmosphere of worship in large group. By understanding this concept, we can extend worship to be a part of all our daily actions, serving as a constant reminder of God's glory and the rest that we can have in him.

Rest through Fellowship

Inspiration:

The vulnerability and honesty that brothers and sisters at UTCCF have shown me encouraged me to also share my life with them. This honesty led to support and encouragement that brought

with it a sense of peace. Knowing that I wasn't alone in whatever I was going through encouraged me to put aside my worries and put my trust in God so that I could find rest in him.

Application:

Creating an atmosphere of trust where people are able to rest in God through sharing in the struggles and joys of each other's lives can start with one person. I hope that opening up about myself can encourage others to do the same. Hopefully, through sharing in each others lives, we as a fellowship can rest in each other's support and God's presence. We are not meant to suffer or rejoice alone, but together as the body of Christ.

Implementation

- Provide more time for personal reflection and prayer during large group time.
- Encourage more personal story sharing either formally in the large group or within smaller groups
- Connect and explain large group components that point to the same message in order to illustrate how all actions can be forms of worship and rest in Christ.