

**TERRENCE TURMAN**  
*Executive Pastor:*  
*Spiritual Formation & Care*

**Doing Life Together**



**GROUP**  
**connect**

**September 22**

**6:00pm - 7:30pm**

**Venue A**

# Northeast Fall Adult Studies

AM & PM Men's Studies  
AM & PM Women's Studies  
Senior Adult Bible Study  
Bible 101

**Scan & Join In**



## Psalm 23

The Lord is my shepherd;  
I shall not want. He makes me to lie down in green  
pastures; He leads me beside the still waters. He  
restores my soul; He leads me in the paths of  
righteousness For His name's sake. Yea, though I walk  
through the valley of the shadow of death, I will fear no  
evil; For You are with me;

## Psalm 23

Your rod and Your staff, they comfort me. You prepare a table before me in the presence of my enemies; You anoint my head with oil; My cup runs over. Surely goodness and mercy shall follow me All the days of my life;  
And I will dwell in the house of the Lord Forever.

“There is a great virtue in the cultivation of silence, and strength to be found in using it as a door to God.”

– Howard Thurman,  
Theologian and Civil Rights Leader

“Parents have a profound impact on the health of our children and the health of society. Yet parents and caregivers today face tremendous pressures, from familiar stressors such as worrying about their kids’ health and safety and financial concerns, to new challenges like navigating technology and social media, a youth mental health crisis, an epidemic of loneliness that has hit young people the hardest. As a father of two kids, I feel these pressures too,” **said U.S. Surgeon General Dr. Vivek Murthy.**

“With this Advisory, I am calling for a fundamental shift in how we value and prioritize the mental health and well-being of parents. I am also outlining policies, programs, and individual actions we can all take to support parents and caregivers.”

– **U.S. Dept of Health and Human Services**  
**August 28, 2024 Press Release**

## Oxford Dictionary Definitions of Rest

- cease work or movement in order to relax, refresh oneself, or recover strength from stressful activity
- be placed or supported so as to stay in a specified position:
- be based on or grounded in; depend on:
- conclude the case for the prosecution or the defense in a law case.
- an interval of silence of a specified duration.
- the remaining part of something:
- remain or be left in a specified condition:



## Truth About Rest:

- Rest Is A Practice
- Rest Is A Posture
- Rest Has A Purpose
- Rest Proceeds From Work

## 3 Biggest Enemies Of Rest As Parents

1. The Practice of Worry
2. The Wounds of our Heart
3. A Guilty Conscience

“One key to successful living is learning to distinguish a godly goal from a godly desire. A godly goal is any specific orientation reflecting God's purpose for your life that does not depend on people or circumstances beyond your ability to control. Who do you have the ability and right to control? Virtually no one but yourself. The only person who can block a godly goal or render it uncertain or impossible is you.

By contrast, a godly desire is any specific orientation that depends on the cooperation of other people or the success of events or favorable circumstances you cannot control.

**You cannot base your self-worth or your personal success on your desires, no matter how godly they may be, because you cannot control all the people or circumstances that affect fulfilment.”**

– Dr. Neil Anderson, Freedom In Christ Ministries

## Thesis Statement:

The Key To Parenting From A Place of Rest Is  
Focusing On The Controllables Of Your Own Life As A  
Parent.

**Controllable 1:**

**Give Your Imagination Over To God.**

“We are more often frightened than hurt, and we suffer more from imagination than from reality.”

– Seneca,  
Ancient Roman Philosopher

“The Scene of The Crime is the Mind”

– Pastor Derwin Gray

**Intentional Shift:**

**Anticipatory Hope**

**Intentional Practice:**

**Take Your Thoughts Captive**



**Controllable 2:**

**Allow Your Healing In Christ To Actually Happen**

## Lamentations 3:22-23

Because of the Lord's great love we are not consumed, for his compassions never fail. They are new every morning; great is your faithfulness."

“God will only meet you at the point of your honesty,  
not on the basis of your performance”

– Dr. Marcus Warner

**Intentional Shift:**

**Be Where Your Feet Are**

**Intentional Practice:**

**Seek Soul Care and Surrender To Forgiveness**

## Controllable 3:

Learn To Have An “Any How” Faith

## Psalm 73:26

My flesh and my heart may fail, but God is the strength of my heart and my portion forever

**Intentional Shift:**

**Get Out Of God's Place In Your Kids Life**



**Intentional Practice:**

**Never Stop Being A Sheep Who Needs A Shepherd**