

# HOW TO USE THESE DOCUMENTS

## STILL BOOK

This Master Class is designed to accompany the book entitled, **Still: 7 Ways to Find Calm in the Chaos**, written by Jenny Donnelly. It is ideal to read specific chapters prior to attending the video or audio session, but it's not required. By reading the book and engaging in the Master Class videos, you will get the best return of fruit in the area of REST! This is why we call it the "Master Class." We have designed this for you to become a master at living in the most beautiful place called REST.

**SUGGESTED SCHEDULE:** Read Chapters 1 - 10 before watching Session 1. After that, read one chapter in the book before watching each of the remaining sessions. The chapters of the book and video sessions have matching titles beginning with Session 2. We suggest completing one session per week for eight weeks.

## OPEN HEARTS

This section is dedicated to group discussion after watching or listening to each session. These are only suggested discussion topics. It is important that the leader follows the Holy Spirit in conversation, rather than feeling obligated to the list. However, the suggested topics can be a great place to start. It is also important that no person in the group is required to share openly. The leader should provide an opportunity for people to briefly share, but never make it mandatory. If no one shares openly, simply move on to the next item of discussion or close in prayer. Closing each session in prayer is strongly encouraged! Tip: You may want to establish a 3-minute rule where no one person in the group shares beyond 3-minutes. This is always easier to establish before starting a session than trying to back track after you have started. Most importantly, have fun and BE!

**Attending this class with a group is completely optional.**

## SACRED SPACES

This section is dedicated to prayer, meditation and conversation between just you and the Holy Spirit. This would also be the section in the documents to skip to if you are only doing independent study. Every item is only a suggestion. Inside each "SACRED SPACES" section, you will see a "Daily Prayer" item that involves something simple like scripture meditation or memory. You will also see a section called, "Honest Conversations with God." The purpose of this section is to help facilitate a dialogue between you and the Lord, where you can feel a shift in your heart and see fruit begin to emerge from these intimate exchanges. It's most important that you engage with your heart and know that you can't do this wrong. The Lord absolutely LOVES to talk to you! Let's get started!



# REST REVOLUTION

## OPEN HEARTS

TRANSPARENT CONVERSATIONS WITH GOD AND OTHERS FOR GROUP DISCUSSION

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- Describe how your heart felt during and after the forgiveness exercise.
- Look back at Matthew 11:28-30. Which part of that verse jumps out to you? What do you think the Holy Spirit might be saying to you through that?
- When Jesus said “Simply join your life with mine” in Matthew 11:29, what do you think He means by that? How can we join our life with His?
- Jesus described himself in this scripture as being “gentle, humble, easy to please.” Up to this point, would you have described Jesus in exactly this way? Why or why not?

## SACRED SPACES

TRANSPARENT CONVERSATIONS WITH GOD FOR PRIVATE DISCUSSION

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### DAILY PRAYER

For one solid minute each day for the next seven days, pray for the person who you released at the cross; bless them in prayer; let it come from a soft place in your heart. Use this prayer if necessary (and with as many people as you need to release.)

**“Lord, I bless \_\_\_\_\_. I release them from the slightest bit of judgment in my heart. Take them in as Your own Lord. Comfort them and build them up in encouragement today. Bless them financially, emotionally, relationally. Guide them into Your heart and open their ears to hear You so clearly. Send Your Love like a shock wave today. Send angels to help them walk in Your ways. Have mercy on them, Lord. Overlook their mistakes, send people who will lead them into Your light today, and show them what a merciful God You are.”**

### HONEST CONVERSATIONS WITH GOD

Read again the verse where Jesus said in Matthew 11:30 “for all that I require of you will be pleasant and easy to bear.” **First**, with paper and pen, write a list down the left hand side of your paper: all the things that come to mind that you believe He requires of you, especially the things that don’t feel are easy to bear. This could be anything from your role as a parent, business



owner, employee, specific relationships or it could be things such as generosity with your time, finances, love, energy, service. **Second**, addressing each item one at a time, be honest with the Holy Spirit and tell Him how you have felt about the load of each of them (confessing you're real feelings.) **Third**, ask Him what he has to say, in truth, about each one of them. Write down what you sense He is saying to you on the right hand side of the page. Before moving on to the next item on the list, ask Him, "Lord, will you supernaturally help me carry this load?" **Your last step** is to repeat aloud what He says to you. There is power in your verbal confession! (See Proverbs 18:20-21) Use this paper or a journal.

**My Responsibilities**  
**"How do I honestly feel about them?"**

**"Lord, what do You say about these?"**  
**"Will You help me, supernaturally?"**

