

# *Beloved Disciple*

Devotional

## IV. THE SIGN OF REST



## HOW TO REST?

In the Beloved's debut we are shown two paths to rest. Both are tandem traditions passed down from the earliest Christians to the present.

1. Communion: John puts the Eucharists derived from the Greek words "eu" (good) and "charis" (grace) in the feeding of the 5,000 where he says, "Whoever feeds on my flesh and drinks my blood abides in me, and I in him." (6:56). Rest then comes from receiving the gift of communion and remembering Christ.
2. Hesychasm: Hesychasm is a form of Christian prayer that emerged in second century. The term comes from the Greek word which means rest and inner stillness.
  - The Jesus Prayer: The repetitive use of the Prayer of the Heart, "Lord Jesus Christ, have mercy on me, a sinner," is a central practice in Hesychasm, which distills to whispering the name of Jesus over and over.
  - Stillness and Silence: Hesychasts aim to cultivate inner stillness, silencing the noise and distractions of the external world in order to experience God's presence within.
  - Unceasing Prayer: Hesychasts aspire to maintain an "abiding" continual state of prayer throughout their daily activities, extending beyond formal times of devotion.



# J E S U S ' P R A Y E R

the prayer of resting in Christ



## John 15:7

*To pray is to descend with the mind into the heart,  
and there to stand before the face of the Lord, ever-  
present, all seeing, within you.*

Theophan the Recluse

**Read the above verse.**

**Set a 15 Minute Timer.**

**Be Still.**

**Pray the following words.**

*Lord Jesus Christ, Son of God, have mercy on me a  
sinner.*

**For the next 15 minutes baptize every thought,  
feeling, and interruption in the name of Jesus by  
saying it aloud, "Jesus."**

**Let yourself become aware of his Presence and  
slowly breath his name. Inhale "Je" and exhale  
"sus" Every time you say his name sense after  
his presence.**

The longer this prayer goes the deeper one's  
reflections become, until the name of God seems  
burrowed within the soul. Professor and Psychologist  
Olga Louchakova-Schwartz has documented cases of  
mental healings, addiction deliverances, life  
transformation, and miracles through the Jesus  
Prayer (Hesychasm).

Articles, books, and even seminars on the Jesus  
Prayer cannot substitute for just jumping in. The best  
place of learning is just doing it though.

MONDAY

**Define  
yourself  
radically as  
one beloved  
by God. This  
is the true  
self. Every  
other  
identity is  
illusion.**

**Brennan  
Manning**



## WHAT ARE OPT-IN MOMENTS?

Tim Goodman, Television Critic for the Chronicle wrote: There is a theory of complex, mythological or science fiction-oriented television series that centers on a viewer's willingness to "opt in." The idea is that you start watching a series, something out of the ordinary happens, and you have to make a decision on whether to continue watching. The main character dies, something odd challenges the viewer to shut it off or commit to watching. These moments are the moments of what cult classics are made up of. Are you going to see where it goes or turn the channel? If you keep watching you cross a point of no return

The Fourth Gospel does this over and over with the disciples, whittling down, thinning the herd, culling the pack. John is interested in becoming beloved, discovering and developing our true self. He keeps trimming the false narratives as he moves us closer and closer to the hour of glory. The disciples who start out following because of water to wine, get whittled a bit when Jesus cleanses the temple. The disciples who flock to eat fish and bread in the wilderness, walk out at the call to eat Jesus' flesh and drink his blood. By the time of the last supper there remains only last opt-in moment.



## JOHN'S OPT-IN MOMENTS?

**The Endorsement**  
"The Son of God"  
1:34

**The Glory**  
"water to wine"  
2:1-11

**The Offense: Jesus' Acts**  
will I trust his acts?  
2:13-25

**Miracle Food**  
Feeding 5000  
6:1-16

**Challenge: Jesus' Words**  
will I trust his word?  
6:35-59

**Opt-In: believe his name**  
trust his name  
2:13-25

**Opt-In: Words of Life**  
Point of No-Return  
6:60-71

**Opt-In: Upper Room**  
Covenant & Glory  
13:1

**Miracle Voice**  
The hour has come  
12:27-36

**Temple or Upper Room**  
praise of men or God?  
12:41-43

**Wash Each Other's Feet  
& Receive Communion**  
serve or be served?  
13:2-20

**Opt In: Abide Together**  
**The Final Cut**  
one with Jesus and the Father  
13:31-17:26



What 'opt in' moment are you at as a disciple?  
What faith challenge are you faced with? Will  
you trust or will you seek control?



## John 12:42-50

**Imagine:** *Read the above Scripture slowly (3x's). In the **first reading** notice the challenge or opt-in moment. **After the third reading** note the word(s) that stick(s) out to you.*

**Feel:** *Pray and express your feelings to God about the words that stuck out to you. This can include your desires, confessions, questions, gratitudes, or any resistance you have.*

**Think:** *Why do you think the Spirit highlighted those words to you? Where else in Scripture or your life have those words/themes come up? What message might God be conveying to you?*

**Be Still:** *Sit silently for 5 minutes. Just be in God's presence. Focus your attention on the Presence of God that accompanies the words of the Scripture; that is with you and in you. Be at peace with the Holy Spirit.*

**Act:** *What one action will you take today in response to this word?*

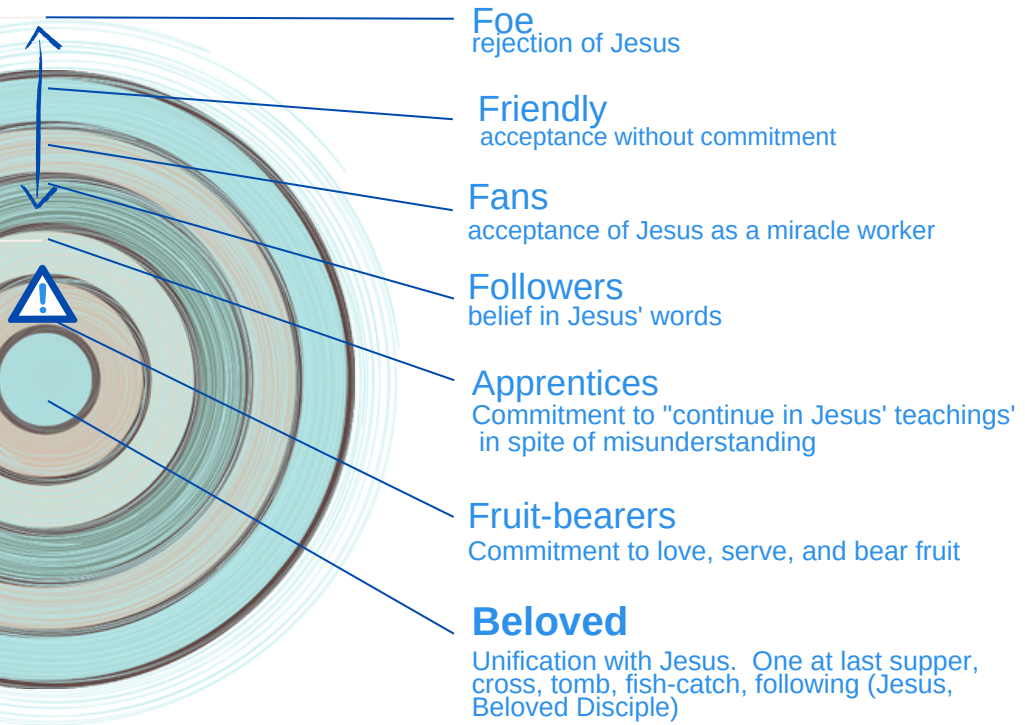
Each moment of our  
existence, we are  
either growing into  
more or retreating  
into less.

Brennan Manning





# Seven Stages of Response to Jesus



↕ In John people are moving up or down these stages. They are fluid. For example, one can move from foe to friendly or friendly to foe.



Fruitbearing seems to be a point of no return

John is written with a literary device called "representative figures". This means people and groups symbolize a certain kind of response to Jesus. The following show the seven responses to Jesus in John.

1. **Foe**: "The Jews" Rejection of the religious elite and crowds.
2. **Friendly**: Acceptance without commitment (Josph, Nicodemus, Pilate)
3. **Fan**: Acceptance of Jesus as a miracle-worker (lame man, parents of the blind man)
4. **Followers**: Belief in Jesus' words (Samaritan woman, royal official, blind man)
5. **Apprentices**: Commitment to grow and continue in spite of misunderstanding. (Nathanael, Thomas, Peter, Philip, Thomas, Mary, Martha)
6. **Fruit-bearers**: Commitment to love one another, serve one another and bear fruit (Peter)
7. **Belovedness** —oneness with Jesus. Unity with Jesus. One at last supper, at cross, at empty tomb, at miraculous catch, and following.

# J E S U S ' P R A Y E R

the prayer of resting in Christ



## John 17

*To pray is to descend with the mind into the heart,  
and there to stand before the face of the Lord, ever-  
present, all seeing, within you.*

Theophan the Recluse

**Read the above chapter.**

**Set a 15 Minute Timer.**

**Be Still.**

**Pray the following words.**

*Lord Jesus Christ, Son of God, have mercy on me a  
sinner.*

***For the next 15 minutes baptize every thought,  
feeling, and interruption in the name of Jesus by  
saying it aloud, "Jesus."***

**Let yourself become aware of his Presence and  
slowly breath his name. Inhale "Je" and exhale  
"sus" Every time you say his name sense after  
his presence.**

**Pray toward being one with Jesus.**

W  
E  
D  
N  
E  
S  
D  
A  
Y

But the end is reconciliation; the end is redemption; the end is the creation of the beloved community. It is an overflowing love which seeks nothing in return. It is the love of God working in the lives of men. This is the love that may well be the salvation of our civilization.

-Martin Luther King, Jr.



## WHAT IS REST?

This week's devotional is meant to bring us to a place of spiritual rest. In the Gospel of John, the words "rest," "abide," and "recline" carry distinct meanings and convey important theological and relational concepts.

1. At the Father's side: This means to be one in heart and breath with God (bosom). In John's Gospel, Jesus rests at the Father's side and therefore can make him known to the world (1:18). The Beloved Disciple reclines/rests at Christ's side, during the betrayal scene and at the cross. This is a picture of being unrattled, undeterred, having found the safe place in God.
2. Abide: The term "abide" is used extensively in the Gospel of John, and it signifies a close, ongoing relationship with Jesus Christ. From the beginning of the disciples journey in John 1 "where do you abide?" to the final "abide in my love" Jesus seeks a lifestyle of oneness. For instance, in John 15:4, Jesus says, "Abide in me, and I in you. As the branch cannot bear fruit by itself, unless it abides in the vine, neither can you, unless you abide in me." "Abiding" conveys the idea of remaining in the spirit of Jesus and not merely doing religious deeds.



# B E L O V E D

## Abiding and Resting



### John 13:23-30

**Imagine:** *Read the above Scripture slowly (3x's). In the **first reading** notice the sign of sounds and what hinders people to commit.*

**After the third reading** note the word(s) that stick(s) out to you.

**Feel:** *Pray and express your feelings to God about the words that stuck out to you. This can include your desires, confessions, questions, gratitudes, or any resistance you have.*

**Think:** *Why do you think the Spirit highlighted those words to you? Where else in Scripture or your life have those words/themes come up? What message might God be conveying to you?*

**Be Still:** *Sit silently for 5 minutes. Just be in God's presence. Focus your attention on the Presence of God that accompanies the words of the Scripture; that is with you and in you. Be at peace with the Holy Spirit.*

**Act:** *What one action will you take today in response to this word?*

T  
H  
U  
R  
S  
D  
A  
Y

**“He who participates in God  
participates in eternity.”**

**Paul Tillich**



# J E S U S ' P R A Y E R

the prayer of resting in Christ



## John 1:1-18

*To pray is to descend with the mind into the heart,  
and there to stand before the face of the Lord, ever-  
present, all seeing, within you.*

Theophan the Recluse

**Read the above chapter.**

**Set a 15 Minute Timer.**

**Be Still.**

**Pray the following words.**

*Lord Jesus Christ, Son of God, have mercy on me a  
sinner.*

***For the next 15 minutes baptize every thought,  
feeling, and interruption in the name of Jesus by  
saying it aloud, "Jesus."***

**Let yourself become aware of his Presence and  
slowly breath his name. Inhale "Je" and exhale  
"sus" Every time you say his name sense after  
his presence.**

**Pray toward being one with Jesus.**

W  
E  
D  
N  
E  
S  
D  
A  
Y

“One is loved because one is loved. No reason is needed for loving.”

