

REFLECTION GUIDE

10.29.23

INTRO

Sometimes, our busyness can become a badge of honor. We want people to know we are busy because we equate that with importance, but we are meant to experience rest and time in God's presence. We are treasured just because we are children of God!

THOUGHTS

PRAYER

Loving God, thank you for the gift of rest. I'm so grateful that Jesus invites me into a place of healing and renewal when I am weary. Show me the activities that eat up precious time with little long-term reward. Transform my thinking so I no longer view activity as a way to prove my value, but rather, I am able to embrace my innate value as your child. Amen.

DIGGING DEEPER

- In this season of your life, would you say you more often feel frenzied or rested?
- Do you think our culture values productivity over rest? Why?
- Read and reflect on Genesis 2:1-3: "So the creation of the heavens and the earth and everything in them was completed. On the seventh day God had finished his work of creation, so he rested from all his work. And God blessed the seventh day and declared it holy, because it was the day when he rested from all his work of creation." [NLT]
 - Why do you think God would choose to rest?
 - When do you truly rest?
 - What temptations prevent you from resting?
- When you consider the times you feel like your busyness is never-ending, what do you notice about the physical and emotional cost?
- Describe the relationship between work, spending, and consumption in your life.
 - What would it look like to intentionally scale back?
 - What would be the emotional and spiritual benefits you might see?
 - What fears arise when you think about reducing the amount of time and energy you spend on work?

Making a Rule of Life Guide

A rule of life is a schedule and set of practices and relational rhythms that help us create space in our busy world for us to be with Jesus, become like Jesus, and do what Jesus did—to live as he did and to align our deepest passions and priorities. The first example of a Christian rule of life came from the Desert Fathers, a monastic community of mystics living in Egypt around the third century AD. The most well-known rule is the rule of St. Benedict, written fifteen hundred years ago, which was created to help his community of monks translate their faith into the habits and rhythms of their shared daily life. His famous rule has inspired many communities and individuals to develop their own rules with a similar intention. While the word *rule* may strike you as a strict or binding constraint, the Latin word we translate, *rule*, was originally the word for a trellis in a vineyard. In the same way a vine needs a trellis to lift it off the ground so it can bear the maximum amount of fruit and keep free of predators and diseases, we need a rule as a kind of support structure to organize our life around “abiding in the vine,” as Jesus described in John 15:1–8. It’s been said that we achieve inner peace when our schedule is aligned with our values. A rule of life is simply a tool to that end. Rather than a rigid, legalistic to-do list, it’s a life-giving structure for freedom, growth, and joy.

Additional Resources

How To Unhurry Workbook:

<https://static1.squarespace.com/static/58431a7603596e3099e87531/t/5dcd82a34474a007a68a3b47/1573749412344/How+to+Un-Hurry+Workbook.pdf>

Rule of Life Workbook:

https://static1.squarespace.com/static/5852ec829f7456cfcc0e1c5a/t/5e17be5d7cba366ace1df6e1/1578614383140/ptw_ruleoflife_workbook_.pdf

Invitation:

Set some time aside to consider how you will structure your life to practice silence and solitude, sabbath, simplicity, and slowing on a day-to-day, weekly, monthly, and yearly rhythm. This is a living document, meaning you can change it from season to season. Under each of the headings, consider a few practices or intentions to commit to maintaining as an investment in yourself, your family, community, and your relationship with God.

Daily:

Weekly:

Monthly:

Annually: