

The Rhythm of Rest

Darcy Siggelkow

Resource: “The Common Rule” by Justin Whitmel Harley

**Your life is a gift from God.
God wants you to enjoy his good gift.**

Question: How would you describe the enjoyment of the life that God gave you?

Read 1 Timothy 6:17

**If you're not enjoying life the way God intends
maybe your life is out of rhythm.**

Resource: “Rhythms of Renewal” by Rebekah Lyons

- Rest and Restore are “input rhythms”
- Connect and Create are “output rhythms”

You are supposed to get tired.

Question: Besides chronic fatigue, how have you viewed “getting tired”?

Read Psalm 139:13–14

**In the Bible, it's not just that you have a body,
you are a body.**

Sam Allberry

Read Genesis 2:7; 1 Thessalonians 5:23

We need to embrace the gift of our limits.

Pete Scazzero

Read Psalm 90:12; Genesis 3:19

**Getting tired reminds us that we are NOT God.
When we embrace our physical limits, we find rest.**

We are restless when we rest less.

Rebekah Lyons

Read Psalm 3:5; Psalm 127:2

Questions: Do you think there will be sleep in heaven? Why or why not?

Questions to put you to sleep:

- Am I living at a sustainable pace?
- Is technology exhausting me?

**Our inability to control our use of technology is
making us sicker, more anxious,
and more distraught than ever before.**

Carey Nieuwhof

- Am I caring for my body?
- Do I intentionally take time to worship and rest?

Read Isaiah 40:28–31

