

Rhythm of Life

Session Four: Around The Fire

The Rhythms of Rest, Sabbath and Reflection

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Rest is not found in the _____ of activity. Rest is found in the _____ of Jesus Christ.

As long as “rest” is synonymous with an empty calendar, or a tropical destination I will have a hard time incorporating it into my daily life rhythms. I must begin to live as though rest is a person....but there are still obstacles to overcome.

We have to _____ the idea that “busy” is _____.

It’s not only what busyness keeps us doing (full calendar, break neck speeds of life and a laundry list of ailments) the real issue is what busyness keeps us *from*.

Busyness keeps us from _____.

“Come to me, all who are weary and burdened, and I will give you **rest**.” - Matthew 11:28

Christ invites us into *rest*...by freeing us from the _____ of _____.

Christ invites us into *rest*...by freeing us from the _____ of _____.

“It is for **freedom** that Christ has set us **free**. Stand firm, then, do not let yourselves be **burdened** again by the yoke of **slavery**.” - Galatians 5:1 (NIV)

“So Christ has truly set us free. Now make sure that you stay free, and don’t get tied up again in slavery to the law.” - Galatians 5:1 (NLT)

Christ invites us into rest...by freeing us from the _____ of _____.

“And you will seek me and find me when you search for me with all your heart. I will let myself be found by you,” declares the Lord...” - Jeremiah 29:13-14

We are creatures that tend towards apathy and atrophy. We are prone to forget. For this reason....

We need to _____ a Life Rhythm of _____.

In times of reflection we look _____, that we might move _____.

In times of reflection we ask ourselves, *“What happened today?”* in order that we might also consider, *“What will I do differently tomorrow?”*

Any process or progress, any experience that remains _____ remains _____, and is therefore _____ into our lives.

“The Lord our God has secrets known to no one. We are not accountable for them, but we and our children are accountable forever for all that He has revealed to us....” - Deut. 29:29

Reflection keeps us _____, and allows us to remain _____.

Failure is an _____, don't let it become an _____.

“It is to one's glory to overlook an offense.” Proverbs 19:11

God's man _____ the Holy Spirit to _____ him....daily.

“Search me, oh God and know my heart; test me and know my anxious thoughts. Point out anything in me that offends you, and lead me along the path of everlasting life.” - Psalms 139:23-24