

THE WAY OF PEACE | WEEK #07

Give it a Rest | February 19th

Rule #01 Choose love, forgiveness and inclusion: Daily choose to follow Jesus: walk the narrow path of loving mercy, doing justice, and living sacrificially.

Rule #02 Listen to Wisdom: Daily listen to wisdom from Scripture, sacred writings and other sources to understand where peace is broken, and oppression is flourishing

Rule #03 Practice Mindfulness: Be attentive of the Divine Presence through unceasing prayer

Rule #04 Gather Together: Weekly join others to learn, celebrate and experience Divine Love

Rule #05 Create Hope: Share faith while unselfishly giving and serving

WHAT'S THE ISSUE ANYWAY?

Weariness is _____ exhaustion.

Sleep and _____ are not the same thing.

Burnout burns up our relationship with _____ and with _____.

WHAT WISDOM DOES JESUS OFFER US REGARDING REST AND BURNOUT?

Matthew 11:28-29 Jesus understood that _____ can be exhausting.

Mark 12:30 Jesus understood we were not _____ - _____ beings.

Mark 2:23-28 Jesus understood the beauty of the principle of _____.

"Labor without dignity is the cause of misery; rest without spirit, the source of depravity." Abraham Joshua Heschel, The Sabbath

THE WAY OF PEACE RULE #6

_____ Rest: Receive Divine grace and restoration through self-care

HOW CAN I LIVE THIS IN MY EVERYDAY, NORMAL LIFE?

Understand where you are rest-_____ and practice the _____ types of rest.

Honor the sabbath principle and keep it _____.

HOW DOES THIS MAKE ME A BETTER PERSON AND THE WORLD A BETTER PLACE?

True rest leads to the _____ of our whole selves.

WHAT IS GOD INVITING YOU INTO TODAY?

1. Watch Dr. Sandra Daulton-Smith's TEDx Talk "The real reason we are tired..."
2. Try and take one day a week and honor the Sabbath Principle.
3. Read "The Sabbath" by Abraham Joshua Heschel's and/or "Sacred Rest" by Dr. Daulton-Smith

THOUGHT PROVOKING QUESTIONS:

1. On a scale of 1-10, with 1 being completely exhausted and 10 being completely energized, where are you?
2. What do you think exhausted Jesus? What do you think Jesus would have done to rest?
3. Do you think of resting as a way of receiving divine grace? Why or why not?
4. Which of the 7 types of rest do you think you do well at maintaining? Which do you feel like you need to be more intentional about?
5. Can you think of a time when you felt it very easy to give love away? Do you think you were well rested? Why do you think being well-rested is so important to being able to love others well?

