

## Sabbath Rest in a 24/7 City Month 5: Your Rhythms



### **Practices**

Each month of the Sabbath Rest journey features weekly practices that you can incorporate into your daily rhythms. We have intentionally made these practices simple and focused, hoping you will take time with each one during the course of the month. Note that these exercises can be done alone, but work well with a partner or group.

#### **Week One**

Read the article, "[Your Rhythms: Finding the Rest of God in the Midst of the City.](#)" Spend some time reflecting on your own rhythms. Are there rhythms in your own life that are sustaining you? Are there areas of your life that need some attention? Think of one step you can take this week that will strengthen one of the rhythms in your life. For example, you may decide that to enter into more silence before the noise of the city begins, that you get up 10-15 minutes earlier and sit in silence in the quiet of the morning, before the day's activities begin (for you night owls, evening works too).

#### **Week Two**

Read the following quote a few times:

"The point of the Sabbath is to honor our need for sane rhythms of work and rest. It is to honor our body's need for rest, the spirit's need for replenishment and the soul's need to delight itself in God for God's own sake. It begins with a willingness to acknowledge the limits of our humanness and to live more graciously within the order of things. And the first order of things is that we are creatures and God is the Creator." (Ruth Haley Barton in *Sacred Rhythms: Arranging Our Lives for Spiritual Transformation* (Downers Grove: IVP, 2006), 137.)

Do you ever struggle with your own human limitations? Do you ever struggle to extend grace to yourself when you come up against your human limitations? What would it look like to "live more graciously within the order of things?" How might keeping more of a Sabbath be helpful?

#### **Week Three**

Listen to the audio [interview with Christine Sine](#). What insight most stands out for you? Is there a suggestion that can be helpful for your own life? How could you implement that suggestion over the next week or month?

#### **Week Four**

We began this series with these verses from Matthew 11:28 (from *The Message*):

*Are you tired? Worn out? Burned out on religion? Come to me. Get away with me and you will recover your life. I'll show you how to take a real rest. Walk with me and work with me—watch how I do it. Learn the unforced rhythms of grace.*

Reflect on ways that you can continue to enter into the unforced rhythms of grace in your own life. What is one grace-filled rhythm you will seek to add into your life?