

Practicing the Way of Love Worksheet - Creating a Rule of Life

Practice: REST — *Reflecting on how you will REST out by receiving the gift of God's grace, peace and restoration and living like Jesus . . .*

This week, I commit to:

How often, and when?

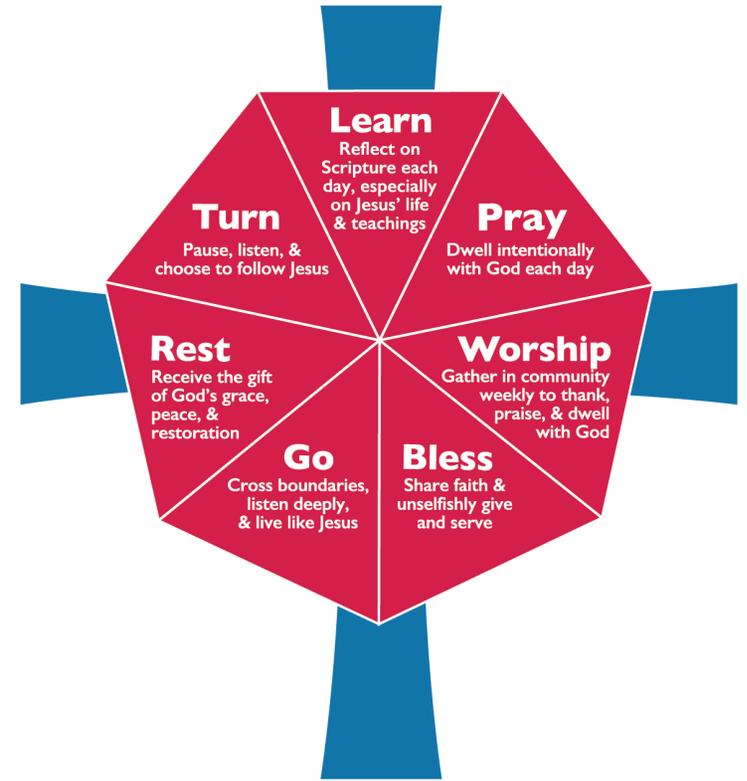
Practicalities:

What resources, including people, do I need to support this practice?

What do I need to stop doing to make room for this practice in my life?

How do I hope I will change as a result of incorporating this practice into my life?

Who or what will hold me accountable?



THE WAY OF LOVE

Practices for Jesus-Centered Life

ADULT FORUM
St. Luke's Episcopal Church

Week 7: REST

Receive the gift of God's grace, peace and restoration
Discussion Guide and Worksheet

Take a few moments as we begin and think about the last session and the time that followed:

- What was adding Go like? What did you learn about yourself? God?
- How are your other Way of Love practices going?
- What's been working well with your Way of Love practices? What hasn't been working well?
- What adjustments might support you in the Way of Love?
- What has surprised you about your Way of Love practices?
- Name a gift that your practices have given you this week.

Someone should read the following aloud:

From the beginning of creation, God has established the sacred pattern of going and returning, labor and rest. Especially today, God invites us to dedicate time for restoration and wholeness—within our bodies, minds, and souls, and within our communities and institutions. By resting we place our trust in God, the primary actor who brings all things to their fullness.

After the reading, take a few moments in silent prayer. Then conclude by reciting the following together.

A Prayer

O God of peace, who has taught us that in returning and rest we shall be saved, in quietness and confidence shall be our strength: By the might of you Spirit lift us, we pray, to your presence, where we may be still and know that you are God; through Jesus Christ our Lord. Amen.

(A Prayer For Quiet Confidence, BCP 832)

Starting the Discussion:

- Describe your ideal day of rest and refreshment.
- When was the last time you paused to rest?
- As a child, what was your favorite way to play?

Questions for Discussion:

- When was the last time you felt truly refreshed and rested? How did it change your perspective?
- What practices restore your body, mind, and soul?
- How is your productivity linked to your self-worth? Has there been a time in your life when your productivity was not linked to your self-worth? What was this like?
- What would the peace of Jesus look like in your life? (John 14:27 or 20:19)
- What do you think it means to keep the sabbath holy? (Exodus 20:8)
- What keeps you from pursuing time of peace and restoration?
- What is one thing you could change in your life to allow yourself more time for rest?

Some recommendations for Rest:

- Choose a day or a time of week in which you don't work
- Take up a hobby
- Set limits on social media consumption/technology use (such as turning off your cell phone during meals and at bedtime)
- Set regular time apart to be by yourself or with family and friends without an agenda or distractions
- Take a walk or bicycle in your neighborhood or park.