

Restoring the Rhythms of Rest



Overflow
CHURCH



WHERE DO I KNOW GOD IS
CALLING
ME TO JOIN HIM?

AS HIS SON/DAUGHTER (SPIRITUAL GOALS)

Prayer, Reading Bible, Rest

IN MY FAMILY/FRIENDS (RELATIONAL GOALS)

Family Time/Goals, Community

IN MY HEALTH (PHYSICAL & EMOTIONAL GOALS)

Exercise, Financial Goals, Emotional Growth

IN MY DREAMS ('CALLING' GOALS)

Vocation, Passion, 'Impact' on the World

CHOOSING REST

WHEN THE WORK IS NEVER DONE

DAILY REST

What time of your day could you set to not be 'on call' for anything? What would daily rest look like?

WEEKLY REST

What day could you/your family 'Sabbath' together? What kinds of things would you like to do?

MONTHLY REST

What recurring daily/weekly activities could benefit from a week of rest every month? What would it look like?

QUARTERLY/YEARLY REST

What is a Regular (Quarterly or Yearly) Time you/your family could 'change pace' for a weekend? A month?

PRACTICAL STEPS FOR ESTABLISHING A RHYTHM OF REST

- 1) List **EVERYTHING** you regularly do!
- 2) What is **non-negotiable**? *(God called you to it or it is needed for survival)*
- 3) List what you do in **order of priority/importance to your heart/calling**.
- 4) Ask, “What are my best hours?” *(Clearest, most undistracted)* **Place the most important stuff here!**
- 5) Print a **blank calendar template** and write down on each day what is **fixed on your schedule**. *Include how long they take, leaving space for margin.*
- 6) Ask, “Is there anything I am doing that is **EXTRA**? Something I am not sure I have conviction for?” **Circle or highlight these.**
- 7) Ask, “What is **NOT** happening in my schedule that my heart beats for?” **Write these down.**
- 8) Evaluate “**time wasters**” *(What you do on Autopilot when you are Spent)* & “**maybe later**s” *(Something Awesome, but not for now)*
- 9) **Make Room for REST and Margin — do not over-schedule!**
- 10) Now **HAVE** your schedule: step back through and evaluate **HOW** you do things — are there any places you are working in an **inefficient manner**? **Not ordering things correctly?**