

January BEGINNINGS

“In the same way that beginning a New Year with a clean slate and fresh hope motivates us toward change, finding a rhythm of rest in a busy world makes life radically different.”

1 Once you open the gift of Sabbath, you will never go back to life as usual.	2 Rhythms of rest are possible because they were there from the beginning. Read Genesis 1-2:4.	3 	4 Sabbath isn't an allowance for rest when the dishes are done, projects complete, or volunteerism on hiatus. Leave something undone as an act of trust.	5 BE STILL AND KNOW Psalm 46:10	6 Practice giving yourself permission to rest. Steal 10 minutes of stillness and listen.	7 Don't confuse <i>holy</i> with <i>perfectionism</i> in following a set of rules. Release yourself from lofty standards and measuring sticks for rest.
8 	9 Rhythms are nuanced and unique to you. Choose one activity that restores and replenishes.	10 MY YOKE IS EASY AND BURDEN LIGHT Matthew 11:30	11 Rhythms describe the art of living a life embodied with meaning and intention in the same way God creates.	12 What is easy and makes you feel light?	13 	14 Rhythms shift while remaining focused on what is important. Finish what is most time-sensitive today.
15 Sabbath isn't limited to the weekend. Find a window of time that cultivates a restful heart.	16 God created rest to be as natural as breathing. Set a 5-minute timer. Listen to yourself breathe before Monday begins.	17 JESUS IS SABBATH	18 	19 When we choose to make the day different on God's behalf, holiness inhabits our intentions. Make some time different this week.	20 Engage a conversation with the people in your house about the way they enjoy rest.	21 Practice a rhythm of silent pauses at your desk.
22 Take a couple of hours to quiet your thoughts. Walk, ride a bike, nap on the couch, listen to bird chatter, paddle board on a lake, read a novel.	23 	24 Find a new one-pot recipe that makes leftovers. Eat on paper plates. Leave dishes in the sink.	25 Choose presence over productivity. Chat with a friend, sit with a relative, listen to your kids, hold hands with someone you love.	26 Rest isn't only a choice we make from a menu of options, but rather the focus of our time set apart from work.	27 	28 Take a whole day to play and ponder.
29 Sabbath is realistic even when the time you choose to rest is the busiest day of the week.	30 LEARN THE UNFORCED RHYTHMS OF GRACE Matthew 11:28	31 When we choose a rhythm of Sabbath, everything changes.				

“You may even like yourself more. But first you must choose to begin.”

#RhythmsOfRest