



moms monthly

support encourage share grow

rest

Identify and describe a time when you truly felt rested.

What types of activities would you consider appropriate for Sabbath-rest?

How is busyness and hurry impacting ourselves and our families?

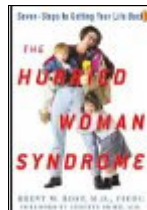
In what ways have you already addressed the lack of "rest" in your daily routines?

Hurry up and rest...

We've all experienced it. Whether it is dealing with a screaming infant that is long overdue for her nap or with an overwhelmed toddler that whines through the entire bedtime routine, we recognize the signs of fatigue and what it can do to our children. Unfortunately, we have found a way to disguise our personal screaming and whining and to avoid telling ourselves the truth about our own lack of rest. Though we would never intentionally deny this legitimate need for our kids, we consistently deny ourselves rest and we are desperate for it.

This matter goes beyond just getting a good night's sleep. The plague of busyness is sweeping our

nation and everywhere we turn there are women rushing from one thing to another in a perpetually frenzied state. We even have a "syndrome" to label our chronic condition. But what are we doing about it?



I think there are very few women that actually live within their limits and have margin in their lives. With a Type A personality, it is an uphill battle in my life. But through study and experience I have come to understand that rest is not optional. God commanded it. In fact, it even made His top ten!

Previously, I wouldn't have considered it a sin to disregard the rhythm that God has set out

for us in creation. But it is. It's right up there with murder and adultery. God is serious about Sabbath-rest.

We've heard that if we choose to sin we choose to suffer and we can see the reality of this suffering in our society. Lack of rest is affecting the physical, mental and emotional health of our families. Not to mention what it does to our souls. It is only when we agree with God (confess) and leave it behind (repent) that we can find a better way. As we let go of overloaded schedules, we make room for God's blessing.

Do we trust God enough to obey His command to keep the Sabbath? Do we really believe that God's way is the best way and that rest is a non-negotiable? If so, we had better hurry up and rest.



The Sabbath was made for man, not man for the Sabbath. Jesus, Mark 2:27



Coffee Talk

1. How has God's Word encouraged and challenged you lately?
2. In what ways were you and your family able to integrate Bible reading into your routine this past month?
3. What small changes have made a big impact with respect to your own approach to the Scriptures?

Hurry is the great enemy of the spiritual life in our day. Hurry can destroy our souls.
John Ortberg

Ideas to Ponder

- *You need to know this: **it is possible to slow down.** You can do it. And you don't have to wait until you burn out. You just have to recognize the problem and notice what it is doing to your soul.* Keri Wyatt Kent
- *In a culture where busyness is a fetish and stillness is laziness, rest is sloth. But **without rest, we miss the rest of God:** the rest he invites us to enter more fully so that we might know him more deeply.* Mark Buchanan
- *I suspect that **if we unplugged one day in seven** from the frenzy of the world, **the amount of restedness might prove sufficiently therapeutic** to spread over the rest of the week.* Dr. Richard A. Swenson

mommy moment: Promise to set aside some time for yourself this month **just to play**. Reconnect with your passions and your creative side: paint, sing, dance, hike, journal, read, sew, garden, swim, draw. Let the God of Creation nourish your soul. Remind yourself of the need to refresh your spirit. Now, make it a regular occurrence.

This Month With Ourselves:

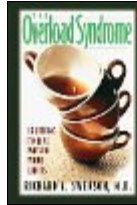
EDUCATE:

Read Isaiah 58:13-14. This passage reminds us that “if” we keep the Sabbath “then” we will be blessed. How do you feel about this correlation between resting and blessing? How will your obedience lead to joy? How does Jesus talk about Sabbath-keeping in Matthew 12 and Mark 2? How do his actions free us from legalism on this issue?

EVALUATE:

Keri Wyatt Kent in her book, *Breathe*, suggests that “the pace of our lives has

profound implications on the depth of our lives”. In what ways would you agree with her statement? Evaluate how much of your rhythm in life is intentionally chosen and how much of it is as a result of being caught up in what seems “normal” in our society. How are your decisions about rest counter-cultural?



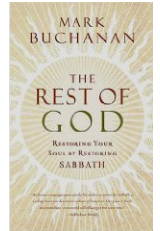
EXPRESS:

Use a journal to record your take on the words *overload*, *hurry* and *rest*. In what ways do they describe your life at this time? How do you feel about making changes to create margin and eliminate

hurry? What holds you back from having the pace of life that God desires for you? Do you have difficulty trusting that God’s plan, which includes Sabbath rest, is the better way?

EXPAND:

Mark Buchanan’s book looks at the centrality of the discipline of Sabbath in the life of a believer. He shows that even Jesus’ life exemplified balance and rest without becoming legalistic about either. If you want to explore the spiritual aspects of this topic, consider this a good read.

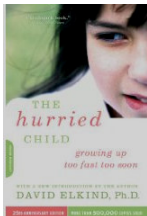


family fun: Pick an afternoon to **be spontaneous**. If you can’t do this at home (piles of laundry, dust bunnies, ringing phones...) then plan a day trip to a park. Pack a picnic lunch, a blanket, books, a ball and writing/art supplies. Toss any agenda and just be together free from distractions. Thank God as a family for His rest.

This Month With Our Kids:

MAKE A POINT:

Talk to your children about when they feel hurried, overwhelmed or stressed. Ask them to explain when they feel the pace of life is just right. Ask them what they think “rest” means. Try to listen carefully to their answers and discern whether some changes need to be made to your schedule to prioritize rest for your kids. Commit to their health in this area.



MAKE A PROMISE:

Resolve to take advantage of unexpected moments of reprieve in your schedule. If something is canceled, choose to see it as an opportunity to rest and prevent yourself from filling that time up with a to-do list.

MAKE A PLAN:

Introduce your kids to the fine art of Sabbath-keeping. Explain that it is one of the 10 Commandments and that God himself modeled this pattern in creation. Commit to this spiritual discipline as a family. Start with even one hour of sacred time each week and continue to build up to one full day.

1. the refreshing quiet or repose of sleep
2. refreshing ease or inactivity after exertion or labour
3. relief or freedom from anything that troubles, wearies or disturbs
4. a period or interval of inactivity, repose, solitude or tranquility
5. mental or spiritual calm **rest**

“Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light.” (Matthew 11:28-30)

How to Help Each Other Unwind:

- Have a designated quiet area or room.
- Have cozy and warm comforts available.
- Set the mood with soft music and lighting.

We have hints that there is a way of life vastly richer and deeper than all this hurried existence, a life of unhurried serenity and peace and power. If only we could slip over into that Center!
Thomas Kelly

- Keep your home free of visual distractions.
- Read to each other and to yourself.
- Immerse in a warm bubble bath.
- Limit media noise from TV and computer.
- Eat healthy foods low in sugar and caffeine.
- Walk at the pace of your youngest child.
- Commit to a simple bedtime routine.
- Use massage and soothing touch.
- Meditate on scripture and creation.
- *Breathe deeply and savour each moment.*