

## **GAME READY**

### **Rhythm and Rest**

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#### ***Spiritual balance: a God-patterned rhythm of work and rest...***

*For in six days the LORD made the heavens and the earth, the sea, and all that is in them, but He rested on the seventh day. Therefore, the LORD blessed the Sabbath day and made it holy.*  
**(Exodus 20:11)**

- ***Work is fundamentally good*** – “Be fruitful and increase in number, fill the earth and subdue it. Rule over the fish of the sea and the birds of the air and over every living creature that moves on the ground.” **(Gen. 1:28)**
- ***Work is non-negotiable*** – “So I saw that there is nothing better for a man than to enjoy his work, because that is his lot.” **(Eccl. 3:22)**

☛ ***Bondage of busyness: when my responsibilities exceed my capacity*** – “I cannot carry all these people by myself; the burden is too heavy for me. If this is how you are going to treat me, put me to death right now...” **(An over-loaded Moses, Num. 11:14-15)**

#### ***Training fundamental: practicing rhythm and rest by creating “space”...***

- ***Space (from activity) to rest with God*** – “The LORD is my shepherd...He makes me lie down in green pastures, He leads me beside quiet waters, He restores my soul.” **(Psalm 23:1-3)**
- ***Space (from responsibility) to enjoy the blessings of God*** – “They will celebrate your abundant goodness and joyfully sing of your righteousness... You open your hand and satisfy the desires of every living thing.” **(Psalm 145:7, 16)**
- ***Space (from productivity) to pursue the royal law of God*** – “If you really keep the royal law found in Scripture, ‘Love you neighbor as yourself,’ you are doing right.” **(James 2:8)**
- ***Space (from acquiring) to trust in the provision of God*** – “When you reap the harvest of your land, do not reap to the very edges of your field... Leave them for the poor and the alien. I am the LORD your God.” **(Lev. 19:9-10)**

*Be still and know that I am God. (Psalm 46:10)*