



## Work and Rest New Rhythms

And he said to them, “The Sabbath was made for man, not man for the Sabbath. So the Son of Man is Lord even of the Sabbath.”

Daily—**Weekly**— Seasonally—Yearly

### Daily Work & Rest: Recognize, Restore, Recreate, & Retreat

**Recognize:** Scripture and prayer (see other core rhythm cards) helps us recognize that our foundation for work and rest comes from God’s work in creation and redemption:

- Read Scripture and find something upon which to reflect
- Write it on an index card and stick in your pocket, purse, etc.
- Chew on it, pray with it in mind, and be renewed by it *throughout the day* (bus, train, checkout line, etc.).

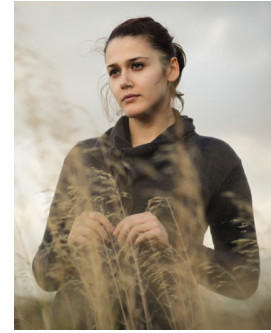
**Restore:** Think of your 9-5’s as the place for the Gospel to restore brokenness. Interact and work with/for people in order to see them connect with the person and work of Jesus.

- In our series “Let Jesus Speak,” each sermon title enveloped the story of people that needed to encounter Christ (see the sermon titles at [jacobswellnj.org/resources/messages/let-jesus-speak/](http://jacobswellnj.org/resources/messages/let-jesus-speak/)).
- Think of “sermon titles” for your co-workers, classmates, etc. so that you begin to see them as Christ would (e.g., a wealthy co-worker enslaved to \$ might be “Jesus Speaks to a Man/Woman *Owned By His/Her Possessions.*”). This takes some practice, but over time, you’ll begin to see that your boardrooms, classrooms, etc. as places for true Gospel rest and restoration.

**Recreate:** Resist the urge to “hurry up at home” so you can get ready for the next day of work.

- Exercise, artwork, music, food and drink, etc. are the good gifts of God. Enjoy these forms of recreation and allow them to help you rage against the everyday cult of speed and worry.

**Retreat:** Unplug in order to breathe. Our gadgets — phones, computers, TVs, etc. — can invade our early mornings and late evenings. Instead, use these times to meditate on Scripture, reflect on Christ’s work in the Gospel, and pray for yourself, family, and those around you.



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## Weekly Work and Rest: Connect, Disconnect, & Reconnect

- **Connect:** Get a “vision for the week.” Plan your work in order to keep from crowding out your “Sabbath day” with a Sabbath-less heart. Take some time with your family to plot out your week with the daily rhythms (see other side) built into it. Live for 7 days off of the work of 5 or 6!
- **Disconnect:** Plan your “rest activities” but don’t plan too early in your week. You may be unaware of what kind of rest will be required (some weeks need more naps, others call for good food, good drinks, and good times with good people). The important thing is *disconnect* from your workweek so that take-home work doesn’t invade this day.
- **Reconnect:** Let the Sunday worship gatherings remind you that you work and rest *because God works*. Don’t treat the worship gathering as a 2-hour religious box-check. Rather, embrace it as a:
  - Call to *manifest* God’s kingdom when we *connect with* our week
  - Call to *recognize* God’s kingdom when we *disconnect from* our week.

“...the delight of one (rest) often lies in the diligence of the six (hard work)...”  
JR Vassar (Pastor, Apostles Church, NYC — apostlesnyc.com)

## Seasonal Work and Rest: Stop, Look, & Listen

- Use major observances in our Christian year to reflect upon the gospel and slow down with family and church community
- Think through the way in which you observe the Christmas holiday. Have you given into a culture of worry and materialism? How can you make this season about resting and celebrating the gospel?
- Use Lent as a season to repent of sin and thank God for the renewal of resurrection. See Easter as God’s work done for us so that we might rest in him. Don’t waste our holy-days in pursuing the trivial.

## Yearly Work and Rest: Getting Away with Purpose

- It is good to be intentional about annual vacation time so that it can be refreshing instead of exhausting.
  - If time and finances permit, get away to a different location. A change of scenery can refresh the mind.
  - Exercise. A healthy body is good for the soul. So, use this time to be active physically.
  - Read a book and tackle a topic of interest.
  - Talk a lot...life, marriage, family, God...where we’ve been and where we want to go. Exhale and have some fun together.

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