# **Objective, Big Idea & Biblical Focus:**

Help participants see the Biblical pattern of working from a place of rest.

**BIG IDEA: Productivity is about** seeing what God is doing in our rest and joining Him in our work. The secret to productivity is to rest, and out of rest to work.

Genesis 1 & 2; John 15 also Matthew 11:28-30 in the MSG version

## **How it Works**:

**Teaching Points:** 

- 1. Recognize the pace of your life. Matt. 11:28-30 (Read in MSG translation)
- 2. Recognize the pace of creation's life. Gen. 1:3-5, 28, 31, 2:1-3. Part of the grace of Eden is the pace of Eden - each day beginning in rest.
- 3. Recognize the pace of Jesus' life most productive person ever, what were his rhythms? Do you recover like Jesus? John 15.
- 4. Participate in the replenishing rhythms of grace in your life.

with work.





# **Coaching Tips:**

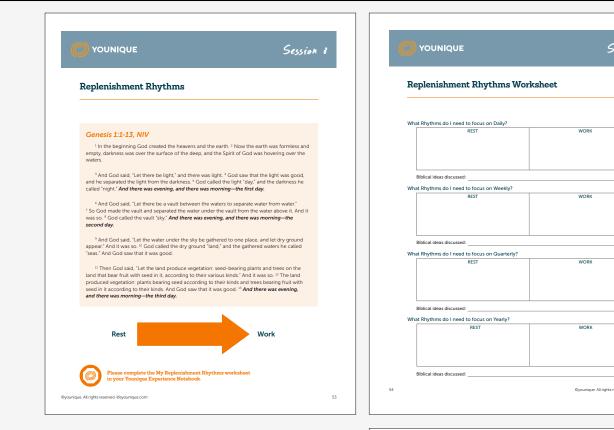
This will be a major 'aha' moment in many of the participants lives. Know the content well enough and deliver it strongly enough so that can happen easily for them.

It's important to redeem both Rest and Work in this teaching. Some will struggle with rest. Some will struggle



# **Reference:**

Journey 2, pg. 53-56 Younique Experience Notebook, pg. 26



	Session
Replenishment Rhythms Wor	ksheet Example 2-luke
What Rhythms do I need to focus on Daily?	
REST	WORK
Starting my day from a place of rest and margin, (don't work at night, work in the AM)     Pausing to reflect and get perspective on the day so far	Planning to eat lunch     Mid-day check-in with Taylor
Biblical ideas discussed: Sleep	
What Rhythms do I need to focus on Weekly?	
REST	WORK
Consistent uninterrupted dates with Taylor     Time to play music for fun	More intentional wrap up the week convo with David     Block time on Friday for work beyond work
Biblical ideas discussed: Sabbath	
What Rhythms do I need to focus on Quarterly?	
REST	WORK
<ul> <li>Look more out at trips and travel opportunity for fun</li> </ul>	Reviewing personal budget performance against goals     Spending time to review my journal notes
Biblical ideas discussed: Celebrations & Feasts	
What Rhythms do I need to focus on Yearly?	
REST	WORK
Seizing opportunity with parents and in-laws to travel     Spending a dedicated day in silence and solitude	<ul> <li>Planning to go to a new places with our community group</li> </ul>
Biblical ideas discussed: Seasons	
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	Replenishment Rhythms W	orksheet Example 1-Chad	
	What Rhythms do I need to focus on Daily?		
	REST • Bed by 10pm • Exercise	WORK  • Open Bible	
	Biblical ideas discussed: Sleep	_	
	What Rhythms do I need to focus on Weekly?		
	REST • Take my day off • Date night with Amanda	WORK	
	Biblical ideas discussed: Sabbath		
	What Rhythms do I need to focus on Quarterly?		_
	REST • 2 day unplug • Daddy daughter dates	WORK	
	Biblical ideas discussed: Celebrations & Feasts		
	What Rhythms do I need to focus on Yearly?		_
	REST • Guys Trip • Get-away with just Amanda	WORK  • Maintain what I have	
	Biblical ideas discussed: Seasons		
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	My Replenishment Rhythm	S	
	What Rhythms do I need to focus on Daily?		_
	REST	WORK	

What Rhythms do I need to focus o	
REST	WORK
Biblical ideas discussed:	
What Rhythms do I need to focus o	
REST	WORK
Biblical ideas discussed:	
What Rhythms do I need to focus o	on Quarterly? WORK
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Biblical ideas discussed:	
What Rhythms do I need to focus o	on Yearly?
REST	WORK
Biblical ideas discussed:	

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