



## 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.

## 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 with work.





# Reference:

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

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### Replenishment Rhythms

**Genesis 1:1-13, NIV**


<sup>1</sup> In the beginning God created the heavens and the earth. <sup>2</sup> Now the earth was formless and empty, darkness was over the surface of the deep, and the Spirit of God was hovering over the waters.

<sup>3</sup> And God said, "Let there be light," and there was light. <sup>4</sup> God saw that the light was good, and he separated the light from the darkness. <sup>5</sup> God called the light "day," and the darkness he called "night." **And there was evening, and there was morning—the first day.**

<sup>6</sup> And God said, "Let there be a vault between the waters to separate water from water." <sup>7</sup> So God made the vault and separated the water under the vault from the water above it. And it was so. <sup>8</sup> God called the vault "sky." **And there was evening, and there was morning—the second day.**

<sup>9</sup> And God said, "Let the water under the sky be gathered to one place, and let dry ground appear." And it was so. <sup>10</sup> God called the dry ground "land," and the gathered waters he called "seas." And God saw that it was good.

<sup>11</sup> Then God said, "Let the land produce vegetation: seed-bearing plants and trees on the land that bear fruit with seed in it, according to their various kinds." And it was so. <sup>12</sup> The land produced vegetation: plants bearing seed according to their kinds and trees bearing fruit with seed in it according to their kinds. And God saw that it was good. <sup>13</sup> **And there was evening, and there was morning—the third day.**

Rest  Work

Please complete the My Replenishment Rhythms worksheet in your Younique Experience Notebook.

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### Replenishment Rhythms Worksheet

What Rhythms do I need to focus on Daily?

REST	WORK
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Biblical ideas discussed: \_\_\_\_\_

What Rhythms do I need to focus on Weekly?

REST	WORK
------	------

Biblical ideas discussed: \_\_\_\_\_

What Rhythms do I need to focus on Quarterly?

REST	WORK
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Biblical ideas discussed: \_\_\_\_\_

What Rhythms do I need to focus on Yearly?

REST	WORK
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Biblical ideas discussed: \_\_\_\_\_

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### Replenishment Rhythms Worksheet Example 1 - Chad

What Rhythms do I need to focus on Daily?

REST	WORK
• Bed by 10pm • Exercise	• Open Bible

Biblical ideas discussed: Sleep

What Rhythms do I need to focus on Weekly?

REST	WORK
• Take my day off • Date night with Amanda	

Biblical ideas discussed: Sabbath

What Rhythms do I need to focus on Quarterly?

REST	WORK
• 2 day unplug • Daddy daughter dates	

Biblical ideas discussed: Celebrations & Feasts

What Rhythms do I need to focus on Yearly?

REST	WORK
• Guys Trip • Get-away with just Amanda	• Maintain what I have

Biblical ideas discussed: Seasons

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### Replenishment Rhythms Worksheet 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
• Look more out at trips and travel opportunity for fun	• 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	• Planning to go to a new places with our community group

Biblical ideas discussed: Seasons

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### My Replenishment Rhythms

What Rhythms do I need to focus on Daily?

REST	WORK
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Biblical ideas discussed: \_\_\_\_\_

What Rhythms do I need to focus on Weekly?

REST	WORK
------	------

Biblical ideas discussed: \_\_\_\_\_

What Rhythms do I need to focus on Quarterly?

REST	WORK
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Biblical ideas discussed: \_\_\_\_\_

What Rhythms do I need to focus on Yearly?

REST	WORK
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Biblical ideas discussed: \_\_\_\_\_

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