



Objective, Big Idea & Biblical Focus:

To help participants identify some key areas of Work and Rest that they may need to emphasize in a daily, weekly, quarterly and annually rhythm.

BIG IDEA: Most of us need to have either rest or work redeemed in our life. Which is it for you? Where are our life rhythms out of line with rhythms of Eden?

Mark 6:31, Luke 4:40-44

How it Works:

Individually, participants use the Rest-Work assessment worksheet to analyze, evaluate and reflect on their current Rest/Work patterns on a daily, weekly, quarterly and annual basis.

Connect the rhythms here with Biblical ideas of day/night, Sabbath, Seasons and Feasts.

Reiterate that we are designed for BOTH rest and work and that both allow us to fulfill our God-given purpose. Our greatest challenge is usually in the imbalance of these replenishment rhythms for a variety of reasons, one being our own life drifts. Great opportunity to connect back to J1 self awareness here.

A point of differentiation: What feels like work to one person may feel like rest to another and vice versa.

Encourage participants to have self awareness in what feels like rest and what feels like work to them. Have individuals quickly share their insights with one other person.

Coaching Tips:

Help participants through this exercise by using your own person examples, as well as examples in Participant Guide. Helpful questions: What new rhythms do you need to look at establishing in order to have a healthy soul that is getting BOTH the kinds of rest needed as well as work needed? We have been given grace to step into both rest and work as a way to replenish ourselves. Rhythms keep us in balance with regular patterns.





Reference:

Journey 2, pg. 54-56
 Younique Experience Notebook, pg. 26

YOUNIQUE *Session 8*

Replenishment Rhythms Worksheet

What Rhythms do I need to focus on Daily?

REST	WORK

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

Biblical ideas discussed: _____

What Rhythms do I need to focus on Yearly?

REST	WORK

Biblical ideas discussed: _____

©younique. All rights reserved. lifeyounique.com

YOUNIQUE *Session 8*

Replenishment Rhythms Worksheet *Example 1 - Chad*

What Rhythms do I need to focus on Daily?

REST	WORK
<ul style="list-style-type: none"> • Bed by 10pm • Exercise 	<ul style="list-style-type: none"> • Open Bible

Biblical ideas discussed: Sleep

What Rhythms do I need to focus on Weekly?

REST	WORK
<ul style="list-style-type: none"> • Take my day off • Date night with Amanda 	

Biblical ideas discussed: Sabbath

What Rhythms do I need to focus on Quarterly?

REST	WORK
<ul style="list-style-type: none"> • 2 day unplug • Daddy daughter dates 	

Biblical ideas discussed: Celebrations & Feasts

What Rhythms do I need to focus on Yearly?

REST	WORK
<ul style="list-style-type: none"> • Guys Trip • Get-away with just Amanda 	<ul style="list-style-type: none"> • Maintain what I have

Biblical ideas discussed: Seasons

©younique. All rights reserved. lifeyounique.com

YOUNIQUE *Session 8*

Replenishment Rhythms Worksheet *Example 2 - Luke*

What Rhythms do I need to focus on Daily?

REST	WORK
<ul style="list-style-type: none"> • 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 	<ul style="list-style-type: none"> • 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
<ul style="list-style-type: none"> • Consistent uninterrupted dates with Taylor • Time to play music for fun 	<ul style="list-style-type: none"> • 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 style="list-style-type: none"> • Look more out at trips and travel opportunity for fun 	<ul style="list-style-type: none"> • 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
<ul style="list-style-type: none"> • Seizing opportunity with parents and in-laws to travel • Spending a dedicated day in silence and solitude 	<ul style="list-style-type: none"> • Planning to go to a new places with our community group

Biblical ideas discussed: Seasons

©younique. All rights reserved. lifeyounique.com

YOUNIQUE *Session 8*

My Replenishment Rhythms

What Rhythms do I need to focus on Daily?

REST	WORK

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

Biblical ideas discussed: _____

What Rhythms do I need to focus on Yearly?

REST	WORK

Biblical ideas discussed: _____

©younique. All rights reserved. lifeyounique.com

