

# RHYTHMS

This guide is designed to lead you through a 2-hour time with God. If you finish early take time to read Scripture or pray, it's okay to finish early. It's also okay if you don't finish within the 2 hours, or focus solely on one aspect of the retreat. This is time for you.

1. *Find a quiet, comfortable place in which you feel safe.*
2. *This time should be free from phone calls, technology, or interruptions.*
3. *The following schedule is designed to create space for an extended time with God. As you spend time in it, give yourself lengthy opportunity to observe, reflect, and process with God. Journaling is highly encouraged. As the Holy Spirit guides your time, pay attention to His direction and be willing to go where He leads.*
4. *Many times, the fruit of retreat doesn't show itself during the retreat, so be encouraged and take heart that your time during retreat is of benefit to you even if this time seems quiet or uneventful.*

## REST. *(about 30 minutes)*

*"Rest time is not a waste time. It is economy to gather fresh strength... it is wisdom to take occasional furlough. In the long run, we shall do more by sometimes doing less."*  
- CHARLES SPURGEON

**HOW** would you define busy? **HOW** busy do you consider yourself to be? **DO YOU** think being busy a good thing?

**WHAT** does it mean to rest? **WHEN** is the last time you really rested? **WHAT** happened during that time?

**WHAT** hinders you from resting? **ARE YOU** fearful to rest?

**READ JOHN 15:1-17.**

**WHAT** does it mean to abide? **WHAT** connection does rest have to abiding?

**WHY** did Jesus call us to abide? **WHAT** do we gain from abiding?

Spend a few minutes digging into the Scripture listed below, asking the question "WHAT does this passage say about rest?" As you read, **JOURNAL** and **REFLECT** on these passages.

**READ MATTHEW 4:1-11, MATTHEW 11:28, MATTHEW 14:23, MARK 1:35, LUKE 4:42**

*Intentionally REST. Do your best during this time to not sleep: take a WALK, JOURNAL freely, WRITE a note, READ through and MEDITATE on a piece of Scripture which encourages you.*

## REJOICE. *(about 30 minutes)*

*“Rejoice always. Pray continually. Give thanks in all circumstance; for this is God’s will for you in Christ Jesus.” – 1 THESSALONIANS 5:16-18*

Take time to pray. Be intentional with this time to connect on a deeper level with God.

**PRAISE** Jesus for who he is in your life. **WHO** is Jesus to you? **HOW** have you seen him move in your life? **WHAT** can you thank him for?

**REPENT.** Read and pray Psalm 139:23-24. As you ask Jesus to search your heart, if there is an area of your life that you need to confess, spend time confessing. Jesus is faithful to forgive.

**ASK** Jesus to move in your life. Read Matthew 7:7-8. What are you needing from Jesus this year?

**READ MATTHEW 6:10. ASK** God what it would look like for your life to be lived for his Kingdom? Are there areas of your life, where you need to let go of expectations and control and allow God to step in?

## CONNECT. *(about 30 minutes)*

**SPEND TIME READING: JOB 38:1, EXODUS 3, EXODUS 19:18-20, AND 1 KINGS 19:11-13.**

In **WHAT** ways did God speak to Job, Moses, and Elijah? **HOW** were these moments similar and how were they different?

In your personal faith, **DO YOU** have expectations for God and the way that he communicates with you? **WHAT** do you expect communication to look like?

Are you envious of how God may communicate with others? Take time to confess envy.

**HOW** are you creating space in your life for God to speak to you? **ARE** you allowing room for the unexpected? **WHAT** might God be trying to tell you?

## CREATE. *(about 30 minutes)*

*“Write the mission; make it plain on tablets, so he may run who reads it. For still the vision awaits its appointed time; it hastens to the end – it will not lie. If it seems slow, wait for it; it will surely come; it will not delay.” – HABAKKUK 2:2-3*

**WHAT** is the vision you are needing to remember?

**WHAT** does the fulfillment of your vision look like?

**WHAT** does the Bible say about waiting? **HOW** are you capitalizing on your waiting season?

**REFLECT ON MARK 12:30-31.**

How does this passage play into the vision for this year, and for your life?

*“God’s looking for people through whom he can do the impossible; what a pity we plan only things we can do ourselves.” – A.W. TOZER*