



Run Hard. Rest Well.

Championing Rest. Equipping Leaders. Changing Lives.

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A Rest That Works

A New View of Rest, Rhythm, and the Work of God

Dear Friend,

As Christians, rest is not in our vocabulary or on our calendars. It is a hot topic, but it is an activity we endlessly earmark for a more convenient time, a time that never transpires.

The recipe for success in America is also the recipe for burnout. Jesus did not talk about wellness or self-care, but he did talk about rest and he lived a life of rhythm. Basic rhythms of rest graced His life from start to finish: sleep, Sabbath, stillness (personal prayer) and solitude (personal retreat).

We have come together today as followers of Jesus who want to explore a new view of rest, rhythm, and the work of God—the work of God in us and the work of God through us. Through *A Rest That Works*, we will focus on **Passion for the race. Intimacy with God. Maturity for what matters.**

This retreat prepares believers to embrace a pace and passion for work and rest that is biblical and transformative for themselves, as well as those they lead, love and serve. It propels and equips God's people of all ages to navigate our 24/7 world from a place of joy, strength, clarity, and authenticity.

Onward. Eyes on Jesus!

Brenda

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Champions Rest. Equips Leaders. Changes Culture.

Rest Redefined

What does **overload** feel like to you?

Bucket Theory: You can't _____ what you don't have. **Psalm 23**

Why are WE so tired?

1. No _____ or mentor
2. The church has stopped _____ about God's design for rest and rhythm.
3. We have adopted a _____ view of rest.

The World's View of Rest

Rest is _____

Rest is _____

Rest is _____

Philippians 4:13 "I can do all things...

This leaves us feeling that rest is _____

God's View of Rest

Rest is _____

Rest is _____

Rest is _____ - tied to work

Rest is _____

Rest is _____

Genesis 2:3 **qadosh**

Deuteronomy 5:12 (Exodus 20:8)

Exodus 20:9 (Deut. 5:13)

Isaiah 58:13-14

Deut. 5:14 (Exodus 20:10)

A NEW Definition of Rest

*Rest is not a reward. You can't earn it. You don't deserve it. It will never be convenient.
Rest is a rhythm ordained by God and a responsibility for those committed to God's best.*

Exodus 23:12 To rest well is to DO that which _____

One Rule: _____ doing what consumes your time, energy & attention and do what refreshes.

What REFRESHES you?

- Name the people who energize you – who do you love spending time with?

- Where do you feel safe, welcomed, relaxed? Where do you wander & wonder outside?

- What activities, hobbies, favorite pastimes refresh you?

Small Group Discussion

Directions: Circle up. The first person to share the first question is – whoever ate popcorn most recently OR has the most speeding tickets! Go around the circle. Then move on to the next question.

1. In about 30-seconds, share your name and something that put a smile on your face this past week.

2. Who taught you to ...
 - a. Work hard?
 - b. Rest well?
 - c. Enjoy the outdoors?
 - d. Stop and smell the roses?

3. What is the most refreshing thing you did ... (pick 2)
 - a. In the last 6 months?
 - b. In the last month?
 - c. In the last week?
 - d. In the last 24 hours?

4. What did the three questions at the top of this page help you remember? Who are you going to share this with?

Red Flags

The Impact of Overload

- We are winded, worn, weary. Many are wounded. Some of us are _____ others or ourselves.
- **Point to Ponder:** Stress is not the enemy. The enemy is chronic _____ overload.
- It is not a _____ to be tired, but it is to stay that way.

The Price Tag of Cortisol Overload

- **Relationally** unsatisfying relationships, guilt, loneliness, isolated, needy, disengaged, guarded
- **Physically** Sleep issues, immune dysfunction, hormone imbalance, BP issues, weight gain, early death
- **Spiritually** Diminishing joy, restless, discontent, feelings of inadequacy, dissolving sense of purpose
- **Emotionally** Irritability, anger, anxiety, depression, addictive behaviors
- Good. Bad. Ugly. **Definition of Ugly:** _____ in ways that hurt and dishonor ...
- Three things we can learn from God and AA.
 - ❖ It is _____ to not be okay.
 - ❖ It is inviting and freeing to live _____.
 - ❖ Transformation requires _____.

James 5:16

When We Don't Rest Well . . .

- and cortisol rises, what **Red Flags** begin to fly? Circle, underline or write from the list above. **Dan Allender** reminds us that ... "We are more beautiful to God than we can ever imagine, and our sin is more ugly than our greatest fear."

- Who pays the price of your overload?

Is Rest Possible?

The Verdict: Rest is possible when embrace biblically, creatively, and with _____.

History Lesson

Restorative Wellness

We need to REST...	If we refuse to REST...	When we REST WELL	How?
• Relationally	... Weary or disengaged	... Happy	Sabbath
• Physically	... Depleted	... Healthy	Sleep
• Spiritually	... Dry – empty	... Holy	Stillness
• Emotionally	... Exhausted/masked	... Whole	Solitude

168 hours a week. 3 ways to invest: _____

Definition of Wasting Time: Choosing to _____ excessively.

The problem with **escape** is that we always come back _____ handed. Leads to addiction.

Stop and take inventory of your heart. Are you willing to EXCHANGE your current Escape Mechanisms for God ordained, predictable, planned, and _____ Rhythms that restore?

Restorative Wellness

Sabbath	Relationally Reconnects	<u>16 hours</u>
	Sabbath is guilt-free time set apart to reconnect with God, and the people & priorities we hold most dear. It is a carefree freedom to “pray and play” unhindered and unhurried.	
Sleep	Physically Rejuvenates	<u>56 hours</u>
	Prioritizing 7 to 9 hours of restorative sleep sets us up for HEALTH & VIBRANCY.	
Stillness	Spiritually Replenishes	<u>3 hours</u>
	Planned and unplanned, stillness is a purposeful pause in the Presence of God that cultivates joy, gratitude, and a sense of purpose. (20-30 min. a day)	
Solitude	Emotionally Recharges	<u>9 hours</u>
	Solitude is time off the beaten path, free of demands and distractions, to meet with God. It is also an invitation to <u>step away from the fray</u> because minutes matter, hours make a difference, and a day away delivers. (Margin-90 min a day)	

Restorative Wellness highlights the _____ & _____ of our rest. _____ / **168 hours**

6-Question Inventory

The truth will set you free, but first it might make you miserable. (James Garfield) Watch out for test anxiety! No need to impress. This is for your eyes only. For this to be of any value, be ruthlessly honest.

Inventory

Place a check mark in front of every question that is 100% true. This is a snapshot of your life today.

- ___ In the last 4 weeks I've enjoyed 4 days off—days that were refreshing and care-free with minimal “work” around the house.
- ___ This last week I've had five nights of 7-8 hours of sleep.
- ___ I enjoy a purpose-driven pause on a daily basis. I savor face-to-face time with Jesus.
- ___ I took a restorative “day away” or a weekend away in the last 6 months.
- ___ I enjoyed 4 evenings this last week with no out-of-the-home obligations.
- ___ I took all my vacation time last year.

- ___ **Total check marks**

Scores

Score: 0-3 You are running on the fumes of an empty tank whether you realize it or not. There's a better way. It is found in the rhythm—*Run Hard. Rest Well.* A paradigm shift must take place in your heart. Rest is not a sign of weakness. It is a gift from God, a gift of grace, a rhythm of life. The vibrancy of your work, the well-being of your soul, and the health of your family depend on it.

Score: 4 You are familiar with rejuvenating aspects of rest and renewal (well done!), but gaps remain. You know how to run hard and you are aware of what it means to rest well. Now take a look at your physical, emotional, spiritual, relational reserves. What are your strengths? Where can you improve? Expand your horizons. What needs attention? Explore how “resting well” brings new realms of vibrancy to an area where you are serving with a self-imposed limp.

Score: 5-6 Ah! The life-giving rhythms of rest are established in your life. You have adopted a transformative understanding of work, rest, and rhythm. The fruit of well-being is yours to enjoy—and pass along to others. Stay the course. Your life is a walking billboard. Be intentional about sharing the story of your journey into the rhythms of rest. You have a remarkable opportunity to light the way.

Digging Deeper

- | | |
|------------------|---|
| Are you happy? | Do you enjoy carefree fun with others? Are key relationships strong/growing? |
| Are you healthy? | Do you get at least 7 hours of restorative sleep most nights? |
| Are you hopeful? | Are you on a growth track toward joy? Does gratefulness infuse your days? |
| Are you whole? | Are your private & public world in sync? Are you <u>masking</u> anger, depression, anxiety, unhealthy habits? |

Finally, ask 1-2 people who know you well to assess you in these four areas. What would they say? Ask them to be honest. Listen well!

Small Group

Directions: Circle up. The first person to share the first question is – whoever traveled the furthest away from home for college. Go around the circle. Then move on to the next question.

1. If you don't know each other, **BRIEFLY** share your name, where you live, and your favorite aspect of fall.

2. What is the most important or surprising thing you learned? Share something you gleaned that will likely find a place in your heart, mind, and/or priorities.

3. Answer **one or both** of the following questions.
 - a. How much time do you invest each week doing what truly “refreshes” you?
 - b. What default mode is your “go to” when you are weary?” Instead of doing what refreshes, what do you turn to that amuses, entertains, distracts, or numbs you?

4. The impact of cortisol overload is universal. Answer **one or two** of the following questions.
 - a. What Red Flags flew in your life this past week?
 - b. What Red Flags alert you to the fact that you are deeply depleted?
 - c. Who pays the price for your overload?

5. Answer **one** of the following questions.
 - a. What did you learn about yourself from the **6 Question Inventory**? Any surprises? What are your strengths?

 - b. Share your any thoughts that surfaced from the **Digging Deeper** questions.
Are you happy?
Are you healthy?
Are you hopeful?
Are you whole? (Living a mask-free life?)

6. Which of the four rhythms come most naturally to you? **Sabbath, Sleep, Stillness (personal prayer), or Solitude (personal retreat)**? Which one is most challenging? Which one do you feel most drawn to explore and embrace? What will make this challenging?

Rhythm Rediscovered

Why Do These 4 Restorative Rhythms Matter?

- **FOOTERS**
 - ❖ Position us to **Prioritize** our relationship with Jesus.
 - ❖ **Protect** us from chronic cortisol overload.
- **The HOW**
 - ❖ **Sabbath** – Reconnects us **Sleep** – Rejuvenates us
 - ❖ **Stillness** – Replenish us **Solitude** – Recharges us

Sabbath

Definition: **Sabbath** is time set apart to reconnect with God and those we love – guilt-free. It is carefree freedom to “pray and play” unhindered and unhurried.

Understanding It Scripturally

- Sabbath is the only named day / Adam n Eve’s 1st day / When does a Hebrew Day begin? _____
- Psalm 92! Vs 14 “They will flourish ... and still bear fruit in old age, they will stay fresh and green.”
- Ezekiel 20:12-24 . . . convicted
- Exodus 31:12-18 (Beautiful Sabbath account) **Names of God:** Jehovah Jireh (Provider) Jehovah Rapha (Healer) Jehovah Shalom (my peace) Exodus 31:13 “You must observe my Sabbaths ... so that you will KNOW that I am Jehovah-Maccaddesham, the God who makes you holy.” (sanctifies)

Understanding It Practically

*If God says I can get my work done in 6 days, who am I to say I can't?
The hard work of rest is the holy work of God.
I am participating in what God calls holy.*

- A Lesson from a shovel – Digging. We get to explore what we “WANT to DO” vs “HAVE to DO.”
- Family Sabbath....requires creativity! Tag Team
- Traditions pancakes, s’mores, and junk food supper

TRY

- Do what delights, refreshes, and energizes.
- Get _____ Forest Therapy **Blog:** Search Forest 9/30/15
- Start in some way or fashion – 2 hours. Proceed with joy, curiosity, gratefulness!

Keys to Sabbath Rest

- Can the _____. Receive the GIFT.
- **Remember** there is no right or wrong way. Sabbath is an invitation to STOP doing what consumes my time, energy, and focus on what will recharge, refuel, & reconnect me with the BEST HE has to offer!
- *“If you fail to plan, you plan on failing.” Ben Franklin* Sabbath has to be planned for & prioritized.
 - ✓ How can I reconnect with those I love? (care-free, simple, fun) **Monkey Research**
 - ✓ How can I reconnect with Jesus in a way that sets my heart on fire?
 - ✓ How can I reconnect with myself so I do not stuff, neglect, ignore what is going on within?
 - ✓ How can I rediscover joy, laughter, playfulness, and fun?

As your life is transformed, who would be impacted by your influence, modeling and mentoring? **Heb. 4:9-11**

Home Work – Heart Work

What do I need to DO and NOT DO to make Sabbath mine? Both before the day begins and as the day unfolds? (This is a heavy-duty question.) Example: **DO**: Take a nap, laugh out-loud, drink hot chocolate, shoot some hoops . . . **DON'T**: go on FB, watch TV all day, peek at email, rush, worry, whine, etc. . . .

Things to DO

Things to NOT DO

Stillness

Be still and **KNOW** that I am God; I will be **exalted** . . .

Psalm 46:10a

What is the #1 threat to my intimacy with God? **ANSWER** My _____ for God. (D. Willard) Whether paid or unpaid, we typically spend more time talking about God than talking to Him. Intimacy suffers

Stillness IS Knowing God and Enjoying His Presence

- What is stillness? It is an invitation to **know** Jesus. *Come let us return to the Lord...Let us know (him); let us press on to know the Lord;* **Hosea 6:1a, 3a ESV**
- Why did Jesus pray? He was hungry for the _____ of His Father.
- Being still before God reveals a mystery & miracle. We've been asked to engage in a relationship with One we cannot see, feel or "hear," **but we can KNOW**...and in stillness we see, feel, and hear from God.
 - ✓ As children, many are taught a monologue version of prayer to a vending machine God. Prayer was not introduced as a "miraculous meeting," but a grocery list. When there is little expectation to be **known by Him** or to **know Him** through prayer, it becomes lifeless/rote.
 - ✓ Dialogue Prayer – **Rev 3: 20**. "Here I am! I stand at the door and knock. If anyone hears my voice and opens the door, I will come in and eat with him, and he with me." Time with Jesus is invitational and relational. It is an invitation to **lunch**. It is not a lecture.

Stillness IS being quiet

- We are invited to be intentionally and interiorly quiet. WHY? God _____
- **A chrysalis (cocoon)** reminds us that "Good things happen in _____ places."

Stillness IS becoming familiar with God's Voice—in His Word

- Joey's Story: "Start at the beginning! I don't want to miss anything He has to say."
- **Joshua 1:8 Psalm 119** Go slow. Journal. Pocket Power = write down God's gift to you for the day.

Are you unsatisfied with your Quiet Time / Daily Devotion Time?

- ✓ You're not alone. Do something NEW
- ✓ Take off your shoes. Sing. Sing out-loud.
- ✓ Read the Word out-loud. Talk to God out-loud.
- ✓ Write a letter to God
- ✓ Postures of Prayer. Hands up, kneel, prostrate, dance

How can I add “stillness” to my life?

- ✓ Get outside. We show up outside so God can show off. **Psalm 19**
- ✓ Turn off the radio in the car.
- ✓ Pause before you pray. Listen for the knock (Revelation 3:20)
- ✓ Start asking God questions. Pause. Be still. Listen.
 - Who should I pray for today?
 - Who can I serve extravagantly?
 - Who do I need to forgive?
 - What do you have for me today? What do you want from me today?

Breathe!

Google: **Breathe Deeply to Activate Vagus Nerve**/Stanley Guan

- Exhale: Empty your lungs
- Slow, deep, full breath in ... **Belly Breathing**
- Hold your breath for 4, 5, 6, 7 seconds
- Slowly exhale
- (Take a normal breath ... if it feels better to do so)
- Repeat

As We Depart

- **What do you need the most right now? You are FREE to be! You are free to do what will refresh.**
 - ✓ We strongly encourage you to leave your phone alone.
 - ✓ If you came with a friend or a spouse, we suggest you “go solo.”
- **Go outside** Activate all 5 senses. They wake us up to the present moment. **Feel** the wind on your face. Stick your feet in the grass, water, sand. **Watch** the clouds and dancing leaves. **Listen** to the wind and birds. Allow Worship & Wonder to rise up. **The heavens declare...the skies proclaim the work of his hands. Day after day they pour forth speech...there is no language where their voice is not heard.** Psalm 19 / Romans 1:20
- **Stay inside.** Find a “quiet corner.” Journal. Read. Worship. Listen. Rest. Be still and know ...
- Is this something new? Not quite sure where to start? **Spend some time in Psalm 18, 27 or 143.**
- Boat. Nap. Color. Shoot hoops. Skip rocks. Sketch. Read. Wiggle your toes in the sand.

Participant wrote, *“You gave me permission to be still for the first time in my life. There are no words to describe. At first, I resisted. I did not like it. But then I began to breathe.”*

- Green Zone / Blue Zone **Psalm 23**
- **Revelation 8:1**

Cultivating Quiet

You are invited to be still, to pause, to catch your breath, and quiet your heart. In these next few minutes, you are completely free. You have nowhere to go. Nothing to do. No expectations. No demands. No phones or distractions. You are free. Jesus, familiar with stillness and alive within you, is here – inviting you to enter into this quiet.

Hit pause. Be present, alive, and still. Allow the peace and quiet of the One who stills the storm to soften your heart, shape your soul, and awaken mind.

For some, this quiet is inviting. For others, not so much. Sometimes quiet is a frightening proposition. We are not accustomed to stillness. It may feel uncomfortable, unsettling. We are wired for action, positioned to produce and perform. To pause is a new thing.

There is a sacredness to the moment in time we call “now.” The past is behind us. The future is before us, but this moment, this is ours—to know and be known by the One who gave us life. We are invited to be fully present. To be attentive. To recognize we are standing on Holy Ground.

God said to Moses, I AM. He says it to us today. “I AM.” I AM here. I AM present with you in this place, here at this time.

No agenda. No plans. No demands.

Henri Nouwen reminds us ...

“First, silence makes us pilgrims.

Secondly, silence guards the fire within.

Thirdly, silence teaches us to listen.”

Almighty God, in whom we live and move and have our being, you have made us for yourself, and our hearts are restless until they find their rest in you . . . (Augustine of Hippo 354-430 AD)

Sleep

Do you want to be nicer, smarter, thinner and happier?

Hey – When it comes to irritability and impatience, some say SLEEP contributes 50% of our sanctification!

- 40-60% of Americans have difficulty with sleep some or all the time. It is a National Health Crisis.
- **Dangerous Cycle:** Chronic Stress produces “cortisol overload.” This sabotages serotonin production. Our bodies need “excess” serotonin at the end of the day to produce melatonin. A lack of melatonin makes sleep difficult. (Some Doctors, to break the cycle, prescribe a short dose of Trazadone.)
- Every night we don’t get a minimum of _____ hours of restorative sleep, our bodies automatically produce _____% more cortisol the next day.
- Child Protective Services (CPS) and **Abusive Parents**

Quick Tips

- Give yourself a bedtime! (7-9 hours). Cut caffeine in ½. Drink all you want—then STOP at 1:00.
- Give your brain a break from “**blue waves**” 2-3 hours before bed. Screens/Light disrupt Melatonin production. Consider special “light-reducing features” like i.flux. Buy blue-wave reduction **glasses**
- Get children, pets, and cell phones **OUT** of your bedroom!
- **Medical Testing** can save lives! Thyroid (tired, yet wired), Sleep Apnea. High Blood Pressure. Ferritin (Iron Deficient Anemia—not often tested!) Carpel Tunnel Pain. PSA. Pain Clinics.
- **Wide Awake** in the middle of the night? Up your Protein before at dinner and/or before bed
- Beware of chronic **Benadryl** use. Note: It is found in Tylenol-PM and Unisom. Using these aids occasionally or for short seasons is fine. Avoid chronic use.
- **Supplements, Natural remedies, Sleep Aids.**
 - 60-minutes of “**R and R**” before bed. Drink a lot of water early in the day. Limit.
 - A review of your day to “relive” every GIFT moment. Feel it again. Say **THANK YOU**.
 - **Breathe** – Restorative Breathing ... or slow and deep through your nose SEE PAGE 11
 - **Try:** Lavender. Tart Cherry Juice. Walnuts. Vitamin D – taken at Breakfast.
 - Day Time suggestions: **Vitamin C** reduces serum cortisol levels. **L-Theanine** is calming.
 - **Calcium** improves REM Sleep. **Magnesium** is calming and should always be taken with Cal.
 - **Melatonin**
 - Sleep Mechanics
 - Firm mattress with a bed topper of 2 inches of memory foam
 - Sleep in a cooler room. Reduce all light. Consider a “white noise” machine.
 - Sleep with socks on. Try a weighted blanket.
 - Explore: TED Talks on Sleep *Sleep Smarter* by Shawn Stevenson
 - **FREE Sleep Survival Guide** on the website. Visit the tab “resources,” then click on “store.”
- Review. Circle your **Top Three**

Solitude

Minutes Matter, Hours Make a Difference, and a Day Away is Divine!

“A holy life does not live in the closet, but it cannot live without it.” -- E. M. Bounds
Large group retreats are about learning, loving, laughing. Personal retreats teach us to listen. God whispers in your soul and speaks to your mind. Sometimes when you don't have time to listen, He has to throw a brick. It's your choice: Listen to the whisper. Wait for the brick. – Author Unknown

Why retreat?

- Jesus DID! **Launched:** Luke 4:1, 14 **Major Decisions** 6:12-13 **Most difficult night** Luke 22:39

3 Kinds of Retreats

- **Forced**
- **Proactive** Jesus: Lk 4:42, 9:18, 11:1 Mk 1:35, 2:13, 6:46 (Moses – Exodus 33:7-11)
- **Reactive** Jesus: Matthew 14:13 (David – Psalm 55:6-8, 57 (cave), 63 (desert))

Critical Components

- **Sacred Space** On your calendar
- **Compelling Place** Inviting, relaxing, and safe
- **Inviting Pace** Free and unhurried

Doing nothing often leads to the very best of something. – Winnie the Pooh

1st Time

- Start with an hour!
- Get Outside **Straw Story**
- Activate the RIGHT Brain: Journal. Sketch. Create. Hike. Breathe! Watch the clouds . . .
- Full-day/overnight – **bring a friend**. Look ahead 4-12 weeks and pick a day or the week to GO!
- What month would you pick to take a personal retreat? _____

Minutes Matter!

- Strategic **Snacking** . . . Protein, apples, WATER, **Dark Chocolate** (72%)
- **Anti-Gravity Moves** – Brain Breaks every 45, 60, 90-minutes.
- **Step outside** – feel the breeze – star gaze – kiss the sunrise – watch the clouds – listen for some birds
- 10 - 20 minute **Power Naps** ... and ... 5 - 10 minute
- **Power Walks** Three 10-minute power walks a day will UP your metabolism
- **Breathe!** (page 11) Google: **Breathe Deeply to Activate Vagus Nerve**/Stanley Guan
- **Eat Lunch!** This might be the MOST important meal of the day to PREP for biological down swing.
- **Ask a meaningful question** of someone every day. qbq.com/15-reasons-to-ask-questions/
- **Hug.** 7 to 20 seconds. People, pets, or trees! Hold hands.
- **Sit outside for 5 minutes**
 - ❖ **Search:** Irresistible Invitation – Get Outside (Forest Therapy – Take 2 Pine Trees and call ...)
- **Laugh. Smile.** “Grin and bear it.”
- **Car Sit.** 1 to 10 minute transition. At the end of the day fill your car with silence and pray.
- **Cultivate Quiet** in creative way. Start your day face to face with Jesus.
- Review. Circle your **Top Three**

Roadblocks and Resistance

Our #1 Roadblock

- As difficult and daunting as our circumstances might be, my #1 roadblock to rest is _____

Our Convenience

- We perpetuate the _____, "I'll take a break when..."

Our Inclination to Compare . . . and Not Honor our Load Capacity

- Load Limits -- We must disregard the belief that our worth is derived from our load capacity.

Our Guilt

- We need to count the cost. There is a price tag for our unrest **and** a price for our restedness. We will _____ people we love, people who are important to us, and ourselves.
- Mark 1:29-38 Guilt-driven or Spirit-led?

Small Group

1st to share – whoever stayed up the latest last night.

- Go around the circle. Each person can pick any one of the 4 questions to share.
- As time allows, go around the circle again

1. Share a highlight from your personal retreat time.
2. Which of these roadblocks impact your ability to rest at this point in your life?
3. What role does guilt play in derailing a commitment to resting well?
4. Where in your life might you need to "let go" or "say no?" How might this play a healing/helpful role in your journey toward SANITY and SUSTAINABILITY, as well as a life re-alignment to Restorative Wellness?

Rest Assured – Bring It Home!

RHRW through Brain Science

Change the Culture, Change the Game by Conners & Rogers

- Hand Motion Experiment
- **Change Process – Change Theory**
 1. New beliefs transpire thru a (group) experience that includes new insights and elicits emotions.
 2. New habits transpire when new beliefs are practiced and re-enforced. (**12 mo. Initiatives**)
 3. Lasting cultural changes transpire when we experience the rewards and influence others.

How Can We Thrive in the Whirlwind?

- Remember: It’s taken years for us to get into this “mess” – it will take a while to get out. **Compassion**
- Prioritize self-awareness. John 4:6 “Jesus, tired as he was, sat down.”
- The 4 Rhythms require constant course correction through the seasons of our lives. No cookie cutter.
- *Reminding ourselves that ... **Refilling our bucket is not selfish. It’s strategic.** – Brenda Jank

Prioritize: At this point in your life, which 2 rhythms are STRATEGIC because they are the easiest for you to “do” or the need is so great you MUST do them. Which 2 rhythms are GIFTS that you will explore and enjoy?

Strategic – I HAVE to do these. _____
Gift – I GET to do these. _____

What you know does not change you, but what you do, does. – Brenda Jank

Sabbath (page 8)

Sleep (page 13)

Stillness (page 10)

Minutes Matter (page 14)

Solitude – Personal Retreat (page 14)

Be a Change Agent

- Every minute, 244 people enter this world, 197 leave, and 104 leave it without Christ.
RHRW is a Great Commission Ministry Extrapolated from - wholesomewords.org/missions/greatc.html

Onward!

- Catch the vision. Cast the vision. Raise up a resistance. Start a reformation. Begin with yourself.
- Who will you share these new insights with because it will help you? _____
- Who will you pass these on to, as a catalyst for change? _____
- My journey began with conviction. How will yours begin? **Our Last Surrender**
Conviction . . . Desperation . . . Celebration . . . Inspiration . . . _____

*Lord, Let me do Your will today.
Nothing more. Nothing less. Nothing else.*
An African Pastor

*You can't go back and change the beginning,
but you can start where you are at and change the ending.*
C. S. Lewis

Let the Journey Begin!

- ❖ **The Tech-Wise Family** by Andy Crouch - is a great book for all - !
- ❖ **Next Steps** ... page 18
- ❖ **Wrap Up**
- ❖ Evaluation / Network-Support Form /

*Write Yourself a Letter!

- **Comment on** the joys and insights of this day. Remind yourself of what you want to remember. Ask yourself a question or two . . .
 - Place it in an envelope but do NOT seal it. (We will not read your letter.)
 - Write your address on it. They will be mailed in a few months.

Run Hard. Break a sweat every day.

Rest Well. Rest in a way that honors your Father, feeds your soul, and fuels your GO.

Next Steps – For You

The best time to plant a tree was 20 years ago. The second best time is now. – Chinese Proverb
What you know does not change you. What you do does. Brenda Jan

Explore the Website

- ❖ RunHardRestWell.org
- ❖ **Sleep Survival Guide** (Free PDF on the “Resource” page)
- ❖ Search Engine: Vacations, kids, caregiving, sleep, technology, Sabbath, etc.
- ❖ Keep Restorative Wellness on the front burner. Sign up for the once-a-week **blog/FB/Linked**

(Ministry Resources)

Note: Workplace Options Coming in 2022

- **Video A Rest That Works - 12-part video series** (each clip 4-6 minutes with Study Guide)
 - ❖ For personal use, small groups, staff meetings
- **Book Vantage Point: A New View of Rest, Rhythm, and the Work of God** by Brenda Jank
Great for personal use, as well as book clubs and small group use.
 - ❖ On Amazon Prime, bulk rate on the website
 - ❖ Spanish version (Amazon) **El mirador: una vista nueva del descanso, ritmo y la obra de Dios**

Be a Catalyst – For Others

Seminars and Retreats

- **Retreats/seminars/workshops** for staff or groups (**in-person** and **virtual**)
- Ask about **Lead the Change** and **A Rest That Works 2.0 and 3.0**
- **Organization-Wide Initiative**. This includes staff event(s), coaching, 12-months of support/resources

Run the Race for Students, Teachers, Families Brand New-!

- **Run the Race – 6-session, video-based, fun and innovative introduction to Restorative Wellness**
 - ❖ For 6-12 grade students in churches, youth ministries, Christian colleges – also Public Schools
- **Impact 360**
 - ❖ **Equips** students – to bounce back stronger than before.
 - ❖ **Empowers** teachers and youth leaders – to be the change. Lead the change.
 - ❖ **Encourages** parents, guardians, and grandparents – to cultivate life-changing conversations.

Next Level

- **HR Training** – Helping Make Wellness Work in organizations of all sizes coast to coast

www.RunHardRestWell.org

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