

RECOVERING A LIFE OF “REST” RATHER THAN ANXIETY

Jesus wants to transform our worry and anxiety into a life of rest and peace. In our fast-paced culture that is founded on consumerism and busyness, living at peace in Christ is counter-cultural and takes intentionality. We need to set priorities that help us value our relationship with Jesus first and build habits that live with rest and peace.

“Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light.”

Matthew 11:28-29

“Seek first the Kingdom of God and everything you need will be added unto you.”

Matthew 6:33

R: Routines

- Develop habits and rhythms that help you value your relationship with Jesus, family, and friends
- Try to plan your habits and priorities daily, weekly, monthly, quarterly, and annually

E: Encouragement

- Find people who can encourage you: who is investing in your life?
- Try to encourage at least 3 people everyday: who are you investing in?

S: Silence, Solitude, Sabbath

- Integrate silence and solitude without technology into your routines
- Start practicing a weekly sabbath—24 hours to not work and value God, family, and friends

T: Time

- Take a regular inventory of your time—what does your schedule say about what you value?
- Say “yes” to big priorities first and “no” to things that are not priorities.

	My Priorities	My Habits
New ways of thinking		
Daily		
Weekly		
Monthly		
Quarterly		
Annually		