

Practice.



RESTFUL

THE HEART

Not only can the heart direct the course of our life, it also holds our longings and desires.

THE TABLE

This simply is a practice around the table where we join in the good old-fashioned art of sharing a meal.

THE DAY

Consider what it looks like to rest and be with God – becoming more aware of His Presence.

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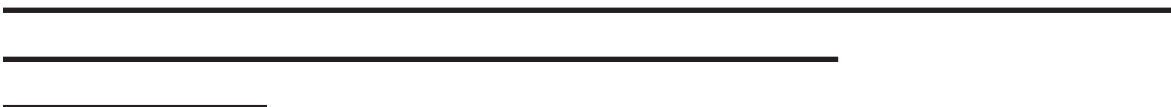
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Welcome

In the Restful Life, we are invited to pause and lay down the hustle of our lives in order to create space to be with God and to be reoriented and restored by His rhythm for us.

Our primary practice in this season is Sabbath, as we intentionally make room within our hearts, around our tables and throughout our days.

Choosing a counter-cultural rhythm of rest allows margin for ourselves and others, creating space for God to speak and for us to listen, trust and enjoy His Presence.

Right in the middle of the anxious and frenzied pace of the world, we have the opportunity to practice the way of Jesus as we slow down and make room to be more like Him.

Before we jump deeper into the Restful Life...turn the pages to read a little more about the heart behind the larger view of the Intentional Life and Seasons and Rhythms.

“...In repentance and rest is your salvation, in quietness and trust is your strength...”

ISAIAH 30:15

The Intentional Life

The word “intention” is defined as an aim, target or purpose. Something that you shoot for, regardless of whether you hit it or not, it’s a direction.

At Open Door, we have a desire to be a community of people radically committed to spiritual formation (the ongoing, lifelong process of becoming more like Jesus), for the sake of others. This sort of commitment allows our very selves (mind, heart, soul and body) to be transformed by the Spirit into the likeness of Christ.

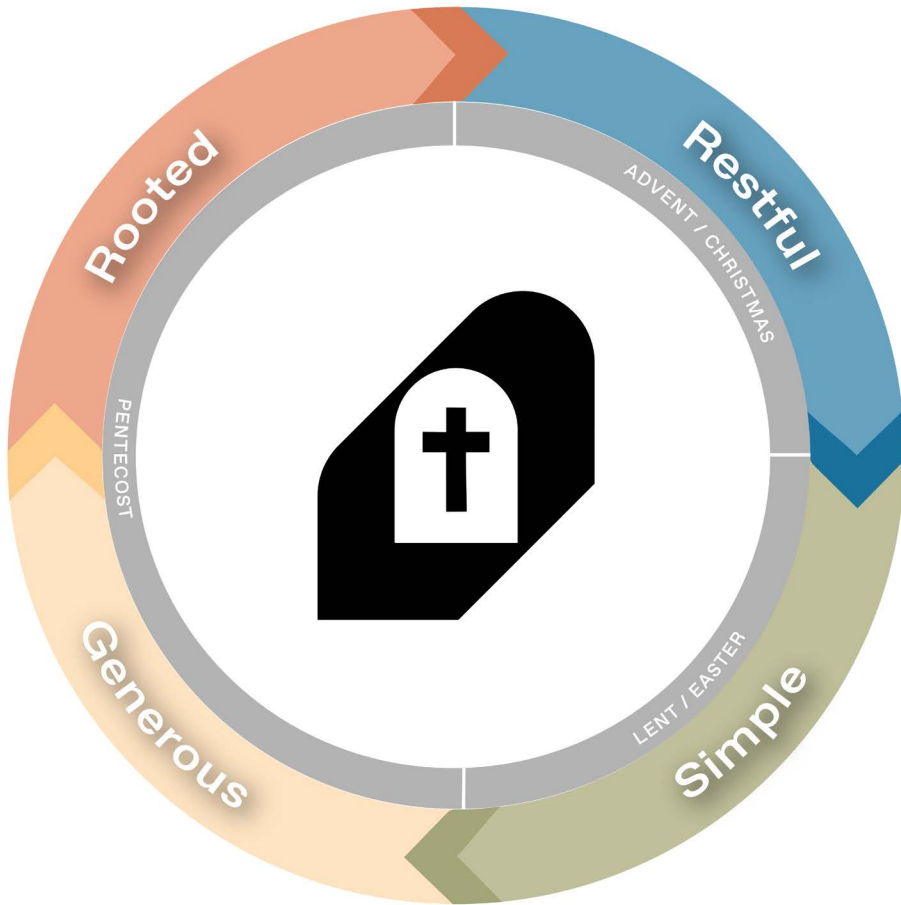
This incredible and mysterious formation process requires both our attention and our intention, an aim and a bit of a rhythm to help us practice, together.

That said, we have identified four seasonal rhythms that help us practice living more intentionally. They include:

The Rooted Life
The Restful Life
The Simple Life
and The Generous Life.

These rhythms are informed by the ancient church calendar and are a part of the larger desire we have to live an intentional life.

They invite us into and equip us to practice the Presence and Way of Jesus in an authentic way where we can grow in our faith while actively living in community and loving others.



The Intentional Life



Seasons & Rhythms

Whether we are aware of it or not, life is lived in seasons and rhythms. It begins at the beginning, in Genesis 1 and is mirrored in all of creation. It shows up as the tide goes in and out, as the sun rises and sets and as our lungs and hearts expand and contract.

In Ecclesiastes 3:7, the writer describes this aspect of the human experience, “There is a time for everything, and a season for every activity under the heavens...” and then goes on to list the distinct seasons that we find ourselves in throughout life.



One of the main ways we practice the Presence and Way of Jesus together is by inviting our church family into seasonal rhythms and practices, informed by the church calendar.

Life is lived in rhythm.



When we talk about practicing the Presence of Jesus, we are inviting a way of intentional living where we are becoming increasingly more aware of Him and acknowledging His Presence that is in, around and available to us at all times.

Enjoying, delighting in and simply, being with God is at the heart of what practicing the Presence and Way of Jesus is all about.

This is about practice. Not perfection or performance.



Life is lived in rhythm



*Our culture invariably
supposes that action and
accomplishment are better
than rest, that doing
something — anything —
is better than doing nothing.
Because of our desire to
succeed, to meet these ever-
growing expectations, we do
not rest. Because we do not
rest, we lose our way.*

WAYNE MULLER

The Restful Life

Are you longing for a more restful way of living?

Maybe you are finding that you have less margin in your life than you had hoped for? Or maybe you are wishing for more hours in the day to finish what needs to be done?

Let's talk about the practice of Sabbath.

This is not the magic antidote to creating margin or the perfect way to squeeze every second out of the day...this is a practice. One that was a part of Jesus' weekly rhythm.

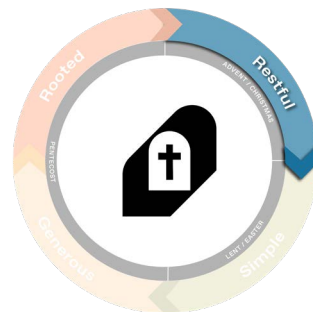
Whether the practice of Sabbath is familiar to you or something you are just finding out about, this practice is about stopping our work to both

rest and delight in God and all that He has accomplished.

Sabbath invites us to stop. It literally means to cease. This concept of stopping, resting and blessing was woven right into the fabric of all creation (Genesis 2:2-3). God finished the work He had been doing and He rested. He set the day aside, blessed it and called it holy.

The boundary line was drawn, and the foundational and restorative rhythm of stopping, resting and blessing was established. Practicing Sabbath helps create room for God to speak, space for us to listen, and margin for ourselves and others.

As we enter into this season together, we are paying attention to this practice as it relates to our HEART, our TABLE and our DAY.



The Heart

OUR LONGING & DESIRE TO REST

Everything we do, flows from the heart. Jesus describes loving God with “...all your heart and with all your soul and with all your mind” (Mat. 22:37) and Proverbs 4 reminds us to “guard our heart, above all else”. It’s not describing the physical organ within your chest, but rather the intangible heart that is at the very center of who we are. Not only can the heart direct the course of our life, it also holds our longings and desires.

Ruth Haley Barton describes the catalyst for our Spiritual Life as longing and desire. Something deep within us that longs for a different way to live. Something deeply ingrained in our hearts that we may not

even realize or have words for.

Asking ourselves questions related to longing and desire may have a quick answer or it may take time, but wondering with God is worth it as we enter the Restful Life.

Here are a few questions to get us started: Do you feel tired? Overextended? How long has it been since you've had a real rest?

Imagine you were given time to do something restful and delightful. What if you had an hour, afternoon, or even a full day. What would you do? Where would you go? Who would you be with? What does it feel like?

What interests you in a rhythm of rest? What might need to change to make more room in your life?

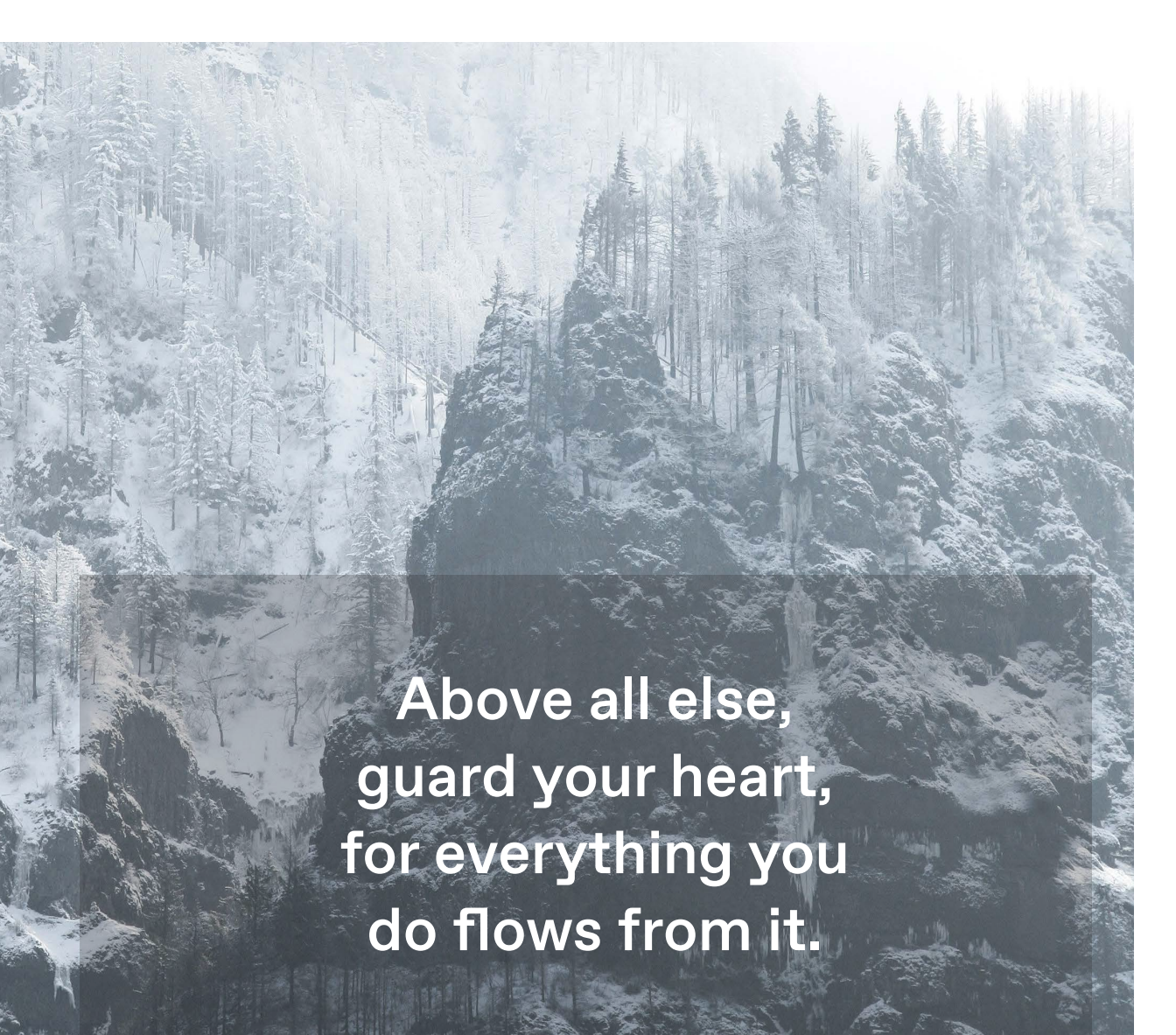
PRACTICE

Find a time to be with God and ask...

God what is your invitation into rest for me in this season of my life?

Write down one, simple way you could move towards rest.





**Above all else,
guard your heart,
for everything you
do flows from it.**

PROVERBS 4:23



The Table

A PLACE WHERE WE MAKE ROOM FOR OTHERS

Let's talk about practicing Sabbath at our table!

Whether you are new to the rhythm of Sabbath or you have practiced it for years...

This simply is a practice around the table where we join in the good old-fashioned art of sharing a meal. Maybe invite some family or friends, a neighbor or someone new!

As you dine together, wonder what God is up to in your world. Share stories of joy, delight and gratitude – both big and small. Don't rush, consider moments of silent reflection and have a little fun with the food!

This practice does not encompass all the richness and beauty that is available to us through the rhythmic practice of Sabbath, but it may provide an opportunity for us to gather around a table, rest, share stories and scripture, and to bless one another...and that starts to look a lot like Sabbath...even for a moment.

Enjoy!

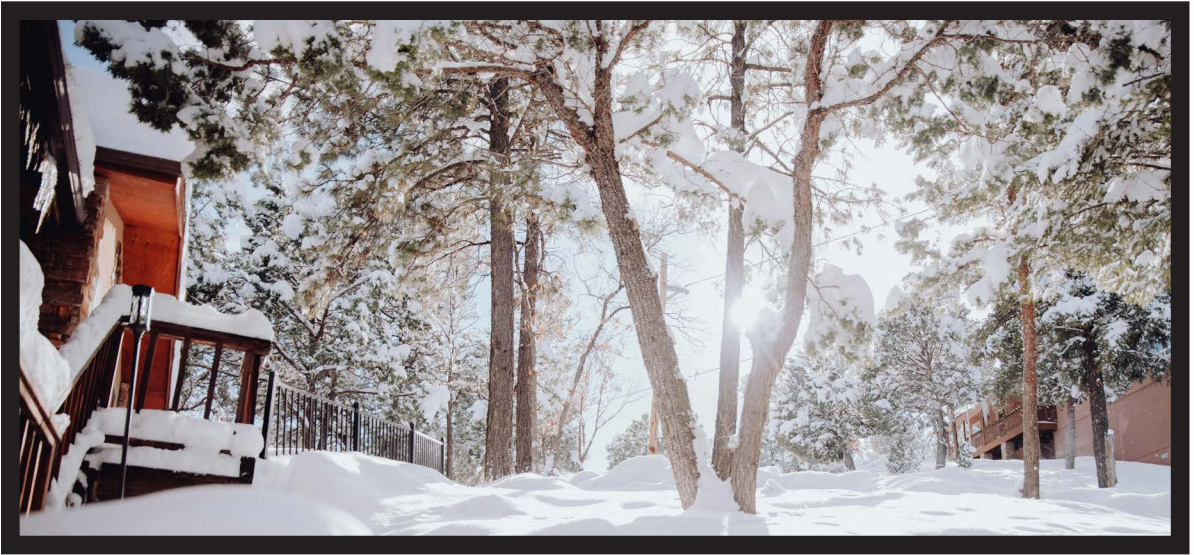
PRACTICE

What is one way that you can move towards others around the table this season?

They devoted themselves to the apostles' teaching and to fellowship, to the breaking of bread and to prayer.

The Day

EXPLORING THE PRACTICE OF SABBATH



Before we look at our day, let's talk a little bit about what Sabbath is and what Sabbath is not.

It is not a reward earned for hard work.

It is a reminder that our work remains incomplete.

It is a day that moves us from production to presence.

It is not just rest from making things. It's rest from the need to make something of ourselves.

It is not just about a practice; it's about a person.

More than anything else, the Sabbath reminds us about the rest we need: soul rest.

Rich Villodas, *The Deeply Formed Life*

Wondering what it might look like for you to practice a day of Sabbath?

Consider what it looks like to rest and be with God – becoming aware of His Presence (He is always Present with you) and delighting in Him simply being with you!

When could this happen?
What will I stop?
What will I add?
Who might join you?

Start somewhere – it doesn't have to be an entire day – it could begin with a Sabbath hour or a Sabbath afternoon or even a Sabbath walk.

PRACTICE

Where would you like to start?
Identify one step.

By the seventh day God had finished the work he had been doing; so on the seventh day he rested from all his work. Then God blessed the seventh day and made it holy, because on it he rested from all the work of creating that he had done.

**GENESIS
2:2-3**



THE SABBATH PRACTICE

John Mark Comer

<https://a.co/d/7PfHNIP>



THE RUTHLESS ELIMINATION OF HURRY

John Mark Comer

<https://a.co/d/h56SVBs>



SACRED RHYTHMS

Ruth Haley Barton

<https://a.co/d/57LRsfP>



THE WONDER OF RHYTHMS & SEASONS PODCAST

Church of the Open Door

<https://apple.co/4gxjmaN>

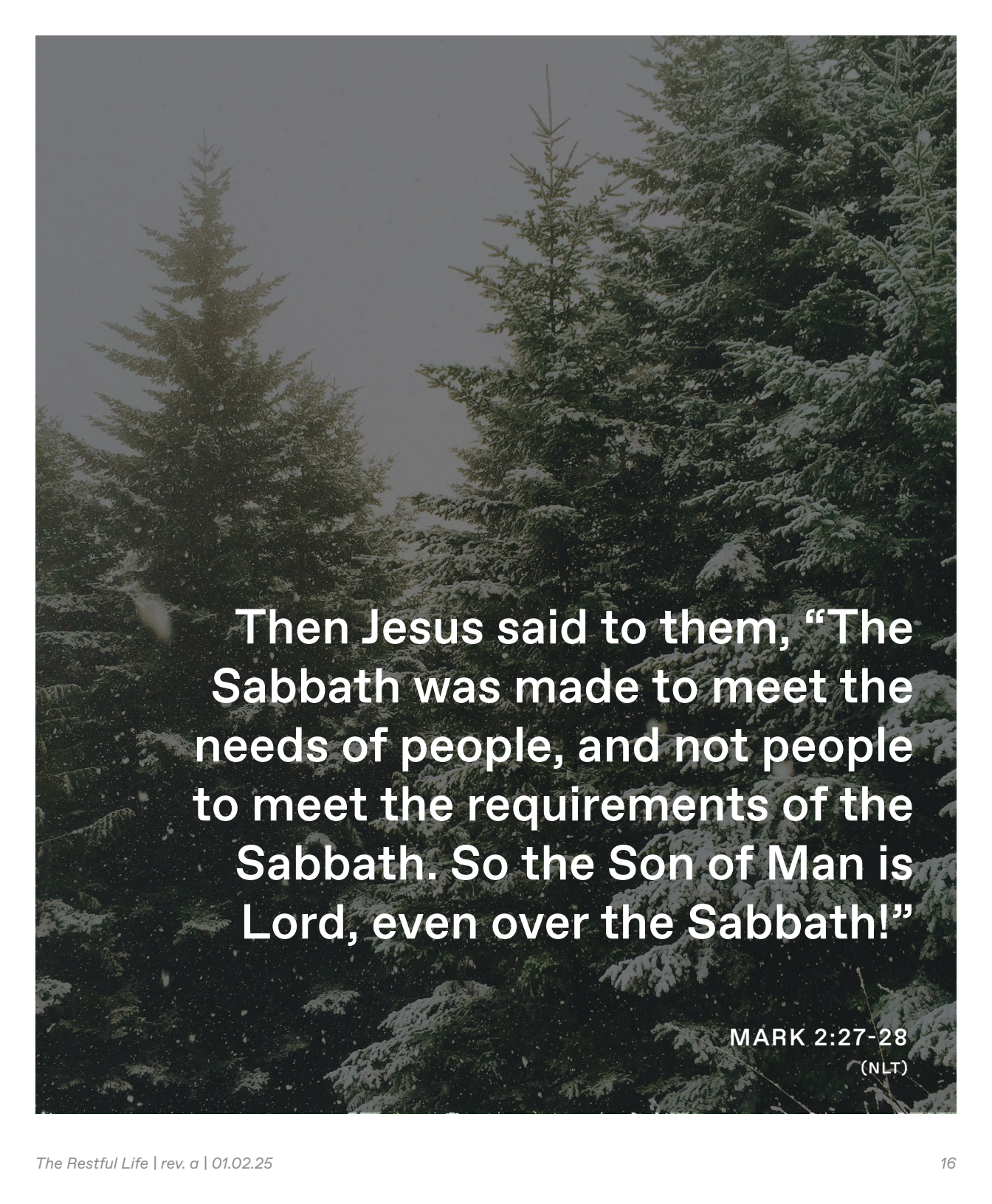
RESOURCES



THE REST OF GOD

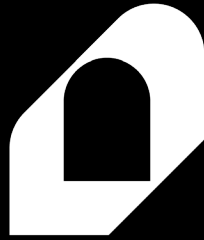
Mark Buchanan

<https://a.co/d/9ZAvuWR>



Then Jesus said to them, “The Sabbath was made to meet the needs of people, and not people to meet the requirements of the Sabbath. So the Son of Man is Lord, even over the Sabbath!”

MARK 2:27-28
(NLT)



Open Door

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