



## 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.

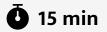








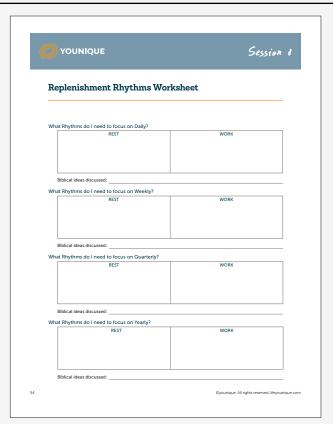






## **Reference:**

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



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Replenishment Rhythms W	orksheet Example 1-0	2had
What Rhythms do I need to focus on Daily?		
REST	WORK	
Bed by 10pm Exercise	Open Bible	
Biblical ideas discussed: Sleep		
What Rhythms do I need to focus on Weekly?		
REST	WORK	
Take my day off Date night with Amanda		
Biblical ideas discussed: Sabbath		
What Rhythms do I need to focus on Quarterly?		
REST	WORK	
2 day unplug Daddy daughter dates		
Biblical ideas discussed: Celebrations & Feasts		
What Rhythms do I need to focus on Yearly?		
REST	WORK	
Guys Trip Get-away with just Amanda	Maintain what I have	
Biblical ideas discussed: Seasons	<del></del>	

YOUNIQUE	Sessi	
Replenishment Rhythms Wor	rksheet Example 2-luke	
What Rhythms do I need to focus on Daily?		
REST	WORK	
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	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	
Consistent uninterrupted dates with Taylor Time to play music for fun	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	
Look more out at trips and travel opportunity for fun	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	
Seizing opportunity with parents and in-laws to travel Spending a dedicated day in silence and solitude	Planning to go to a new places with our community group	
Biblical ideas discussed: Seasons	1	

