



The Genesis Way — Week 4 Worksheet

Shape It (Part 2): Rhythm & Boundaries

Turning Structure into Sustainability

HOW TO USE THIS WORKSHEET (Leader or Participant Note)

This worksheet is not about building a perfect schedule. It's about discovering **what** protect what matters most.

You are not trying to fill every hour.

You are learning to separate, gather, and rest—the way God did in Genesis.

Start small. Simplicity wins.

SECTION 1 — THE BIG IDEA (Reflection)

Shape tells you what belongs in your life.

Rhythm tells you when it belongs.

Answer briefly:

- Where does your life currently feel rushed or crowded?
- Where does it feel empty or neglected?

(Do not solve—just notice.)

SECTION 2 — GOD'S RHYTHM (Genesis Pattern)

Read Genesis 1–2 and reflect:

- God **separated** (light/dark, earth/sky, land/sea)
- God **gathered** (waters together, land together)
- God **worked to Fill It**, but only after He Shaped It
- God **rested**

- Separation
- Gathering
- Focused Work
- Rest

SECTION 3 — YOUR LIFE DOMAINS (Rhythm Anchors)

Using the **Ziglar Wheel of Life**, define **one rhythm per domain**.
Not everything—just one anchor.

1. Spiritual (Being)

Daily or Weekly Rhythm Anchor:

Example: Morning prayer, Scripture before bed, Sabbath worship

2. Family (Belonging)

Daily or Weekly Relational Anchor:

Example: Family meal, walk, date night, intentional conversation, no screens after 7pm

3. Career (Building)

Focused Work Block (Start & Stop):

Example: Deep work 8:30–10:30am, no email after 6pm

4. Physical

Care Rhythm:

Example: Walk in the morning or after dinner, gym 3x/week, bedtime boundary

5. Mental / Emotional

Renewal Rhythm:

Example: Reading, journaling, learning time, silence

6. Social / Community

Intentional Gathering Rhythm:

Example: Small group, shared meal, weekly call

7. Financial

Stewardship Rhythm:

Example: Weekly review, monthly planning, generosity check-in

SECTION 4 — BOUNDARIES (Protection, Not Restriction)

Boundaries protect rhythm. Answer honestly.

One boundary I need to START:

One boundary I need to STOP:

One boundary I need to STRENGTHEN:

KEY: If you don't choose boundaries, life will choose them for you.

SECTION 5 — REST & MARGIN (Non-Negotiables)

God rested before exhaustion—not after.

My weekly rest commitment:

- One day
- One evening
- One protected block

Describe it:

SECTION 6 — THE ONE DECISION (Clarity Over Complexity)

KEY QUESTION: IF YOU CHANGE ONLY ONE RHYTHM THIS WEEK, WHICH ONE WILL IT BE?

Small rhythms, faithfully practiced, shape big lives.

My ONE rhythm to implement this week:

CLOSING DECLARATION (Read Aloud or Silently)

I do not need more time.
I need God-designed rhythm.
Boundaries protect my calling.
Rest is obedience.
This is The Genesis Way.