

Study + Soak

Rooted Rhythms

The Worship Shelf

STUDY. SOAK. SURRENDER.

IN THE BEGINNING, THERE WAS REST!

Scripture Focus: Genesis 2:2 KJV

God didn't wait until everything was chaotic to insert rest - He built it into the rhythm from the beginning.

REFLECT IS YOUR REST DRIVEN BY BURNOUT OR BUILT INTO YOUR RHYTHM?

Rest is not selfish - it's a sacred lifestyle.

RELEASE WHAT DO YOU NEED TO LET GO OF SO YOU CAN REST WITHOUT GUILT?

If God, the Creator, paused, so must we.

RESET HOW CAN YOU BEGIN VIEWING REST AS WORSHIP INSTEAD OF SOMETHING YOU HAVE TO EARN?

GET ROOTED

Word Study

hb. "shabath" - Genesis 2:2

hb. "Nuach" - Exodus 33:14

gk. "Anapauo" - Matthew 11:28

gk. "sabbatismos" - Hebrews 4:9

Seven Rhythms of Rest

Journey Through the Seven Rhythms of God's Original Plan

BEFORE THE BUSYNESS	THE RHYTHM OF CREATION
<p>God started with stillness - formless, void, and yet present.</p> <p>Genesis 1:1-2</p> <p>What has your life looked like before you let God speak into the chaos?</p>	<p>God created in rhythm, not rush.</p> <p>Genesis 1:3-25</p> <p>Are you trying to build without rhythm? What does your pace say about your trust?</p>

IT WAS GOOD	THE FIRST SABBATH
<p>God paused to observe and affirm His work.</p> <p>Genesis 1:31</p> <p>Do you take time to see what God is doing-or rush to the next thing?</p>	<p>Rest was the seventh act-not because of exhaustion, but completion.</p> <p>Genesis 2:2-3</p> <p>What are you waiting to finish before you feel "worthy" to rest?</p>

REST AS WORSHIP	JESUS, LORD OF THE SABBATH
<p>The Sabbath was sanctified-set apart as holy.</p> <p>Exodus 20:8-11</p> <p>How can you restore sacred pauses in your weekly rhythm?</p>	<p>Rest isn't legalism-it's freedom in Christ.</p> <p>Mark 2:27-28</p> <p>Are you resting from striving, or striving to rest?</p>

ENTERING INTO HIS REST
<p>Rest is both present and prophetic-it points to eternity.</p> <p>Hebrews 4:9-11</p> <p>What do you need to surrender today to fully enter into his rest?</p>