

Habit #2: Rest and Refresh

Big Idea

- **Big Idea:** Build a rhythm of work and rest into your life.
- **This Week's Challenge:** Take 15 minutes each day this week to do something that refreshes you.

The Behavior Change Model

STAGE

Prepare

Act

Maintain

HABIT

1. Make Time

2. Rest and Refresh

3. Engage the Bible

4. Speak with God

5. Worship and Belong

6. Care for Your Body

7. Simplify and Prioritize

8. Go the Distance



Key Ideas

- Rest is hard.
- Rest is a surprising habit.
- Rest is not a passive activity.
- Rest is choosing to pursue activities that renew and refresh you.
- Beware of pseudo-rest.

Key Ideas

- Rest is a major theme in Scripture.
- We don't lose the time we rest.
- Rest is more than physical.
- Begin to build a habit that will lead you to a Sabbath practice.

Your Assignment

1. Disengage and stop working, even though there's more work to do.
2. Release yourself from all obligations.
3. Turn off the screens.
4. Choose activities that recharge you rather than activities that look like rest but only extend weariness.
5. Experiment to find what brings you renewal.