



**「 TOGETHER
CHURCH
A PLACE
TO BELONG 」**

RHYTHMS OF REST

How to Rest Deeply in an Age of Anxiety

「**TOGETHER
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“Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light.”

Matthew 11: 28-30

HOW TO DESIGN A SABBATH REST

Sunday 2nd June @ 3pm

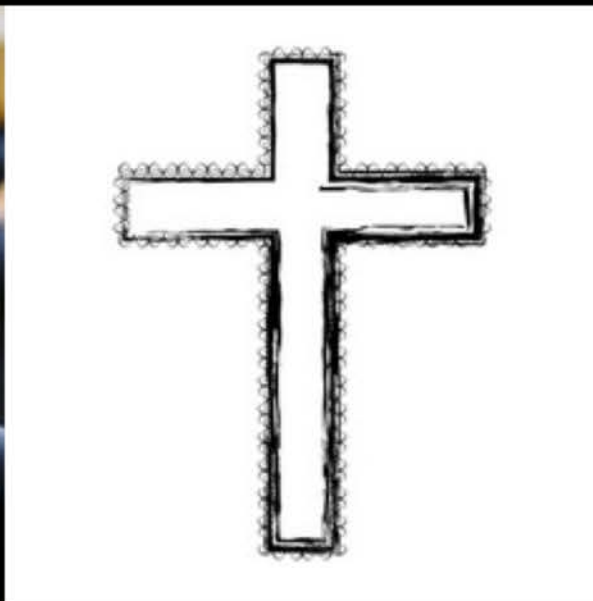
「**TOGETHER**
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“On the Sabbath:

- You do not have to do more.*
- You do not have to sell more.*
- You do not have to control more.*
- You do not have to know more.*
- You do not have to have your kids in ballet or soccer.*
- You do not have to be younger or more beautiful.*
- You do not have to score more.”*

– Walter Brueggemann –

*“People who keep sabbath live all
seven days differently.”*



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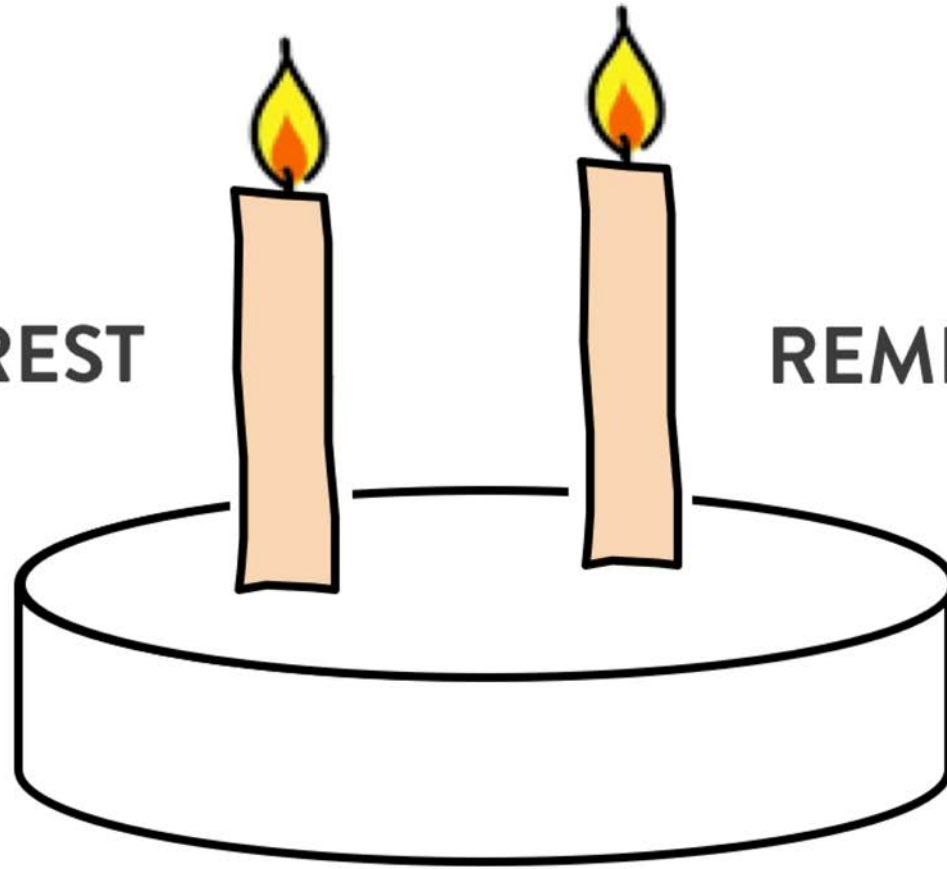
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Life of Rest

License



REST

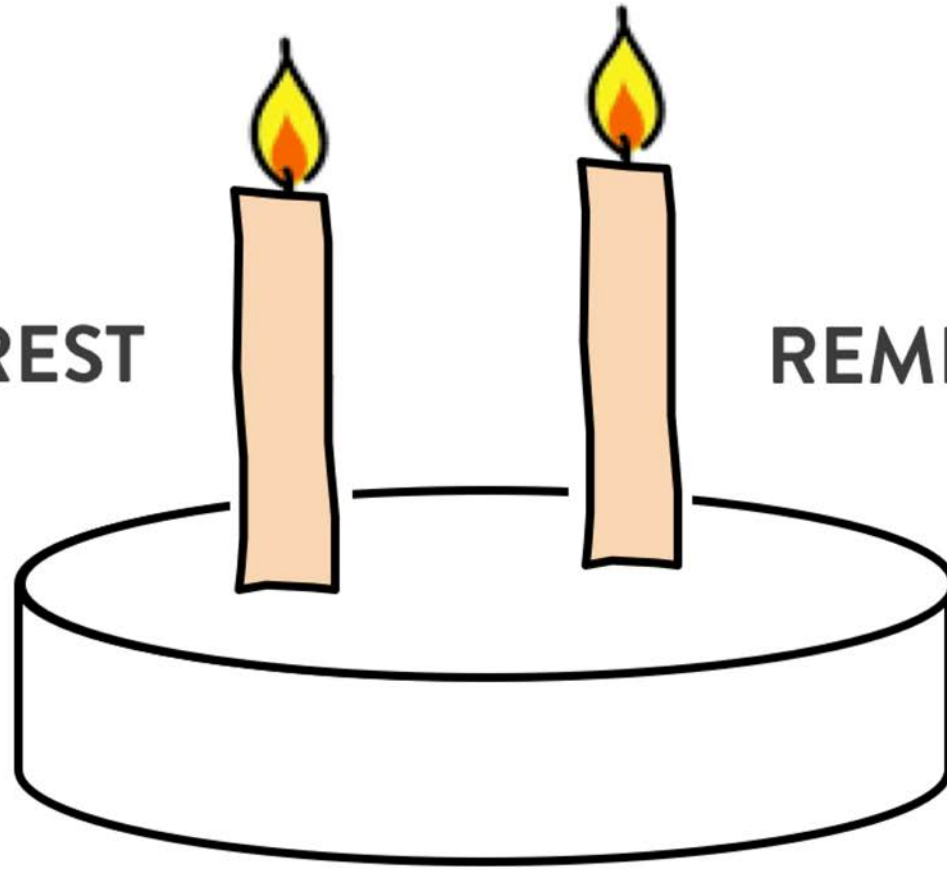


REMEMBRANCE

“Those who participate in sabbath break the anxiety cycle. They are invited to awareness that life does not consist in frantic production and consumption that reduces everyone else to threat and competitor.”

– Walter Brueggemann –

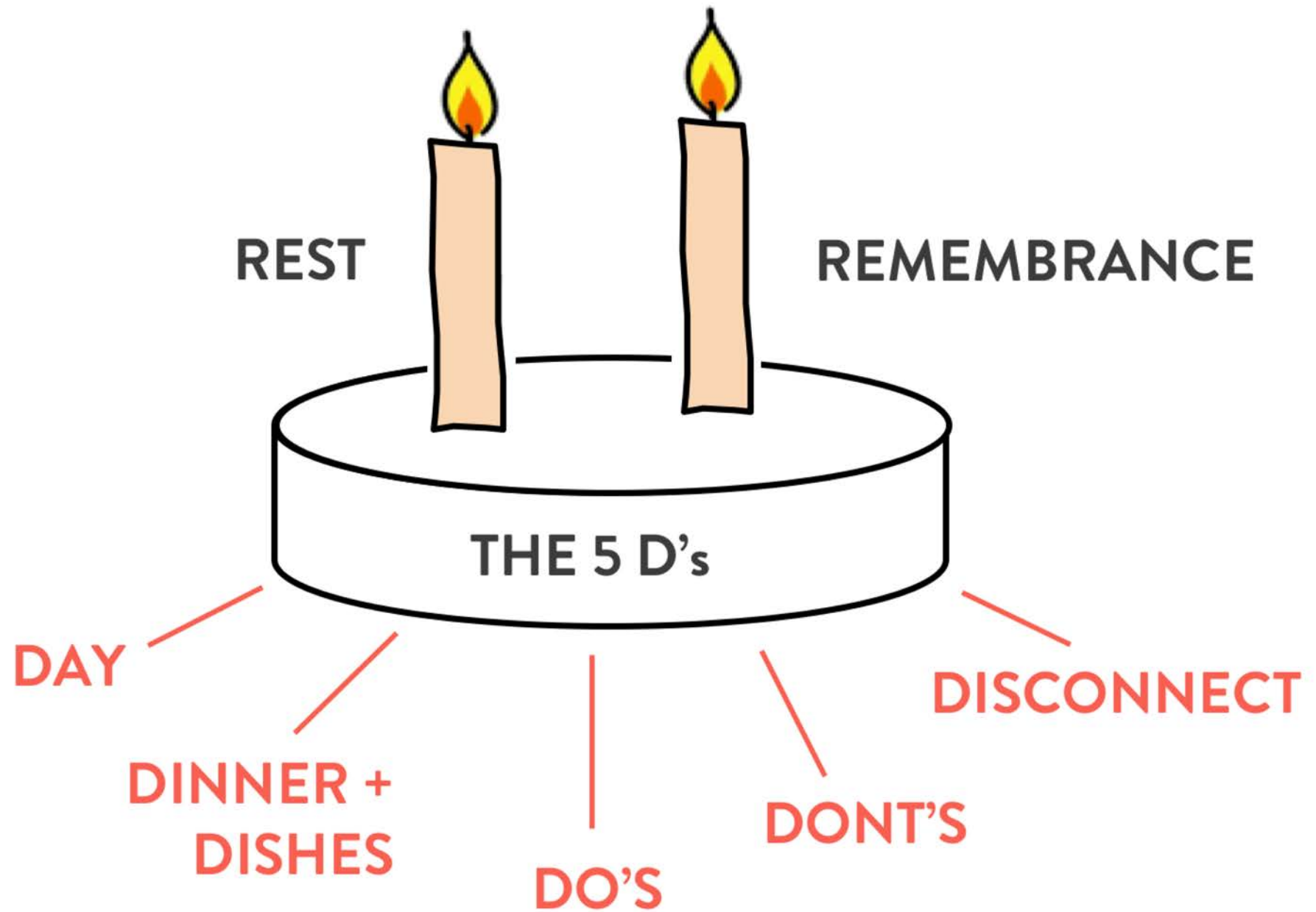
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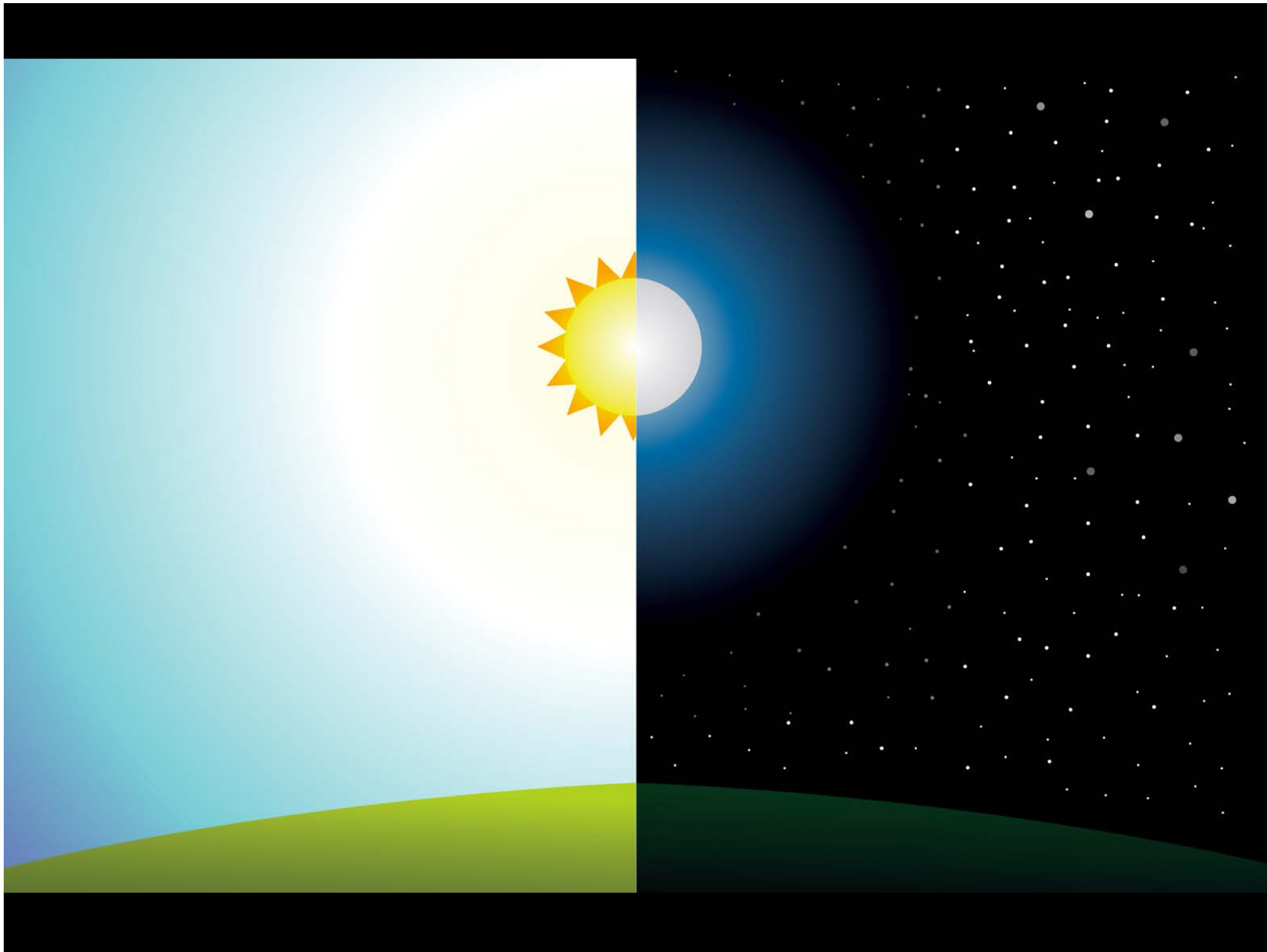


REMEMBRANCE

- What does it mean for **me** to work?
- What does it mean for **me** to rest?
- What does it mean for **me** to worship?

- What does it mean for **us** to work?
- What does it mean for **us** to rest?
- What does it mean for **us** to worship?





“For the Jewish people, the Sabbath began Friday evening and continued into Saturday afternoon, but today many followers of Jesus observe the Sabbath on Sunday. There aren’t any rules anchoring the Sabbath to a specific day of the week, we each experiment to find what works best with our lives and schedules.”

John Mark Comer

TRADITIONAL SABBATH

	Mon	Tues	Wed	Thu	Fri	Sat	Sun
Week 1							
Week 2							
Week 3							
Week 4							

SUNDAY SABBATH

Mon

Tues

Wed

Thu

Fri

Sat

Sun

Week 1

--	--	--	--	--	--	--	--

Week 2

--	--	--	--	--	--	--	--

Week 3

--	--	--	--	--	--	--	--

Week 4

--	--	--	--	--	--	--	--

TOGETHER CHURCH SABBATH

	Mon	Tues	Wed	Thu	Fri	Sat	Sun
Week 1							
Week 2							
Week 3							
Week 4							

1. Traditional Sabbath:

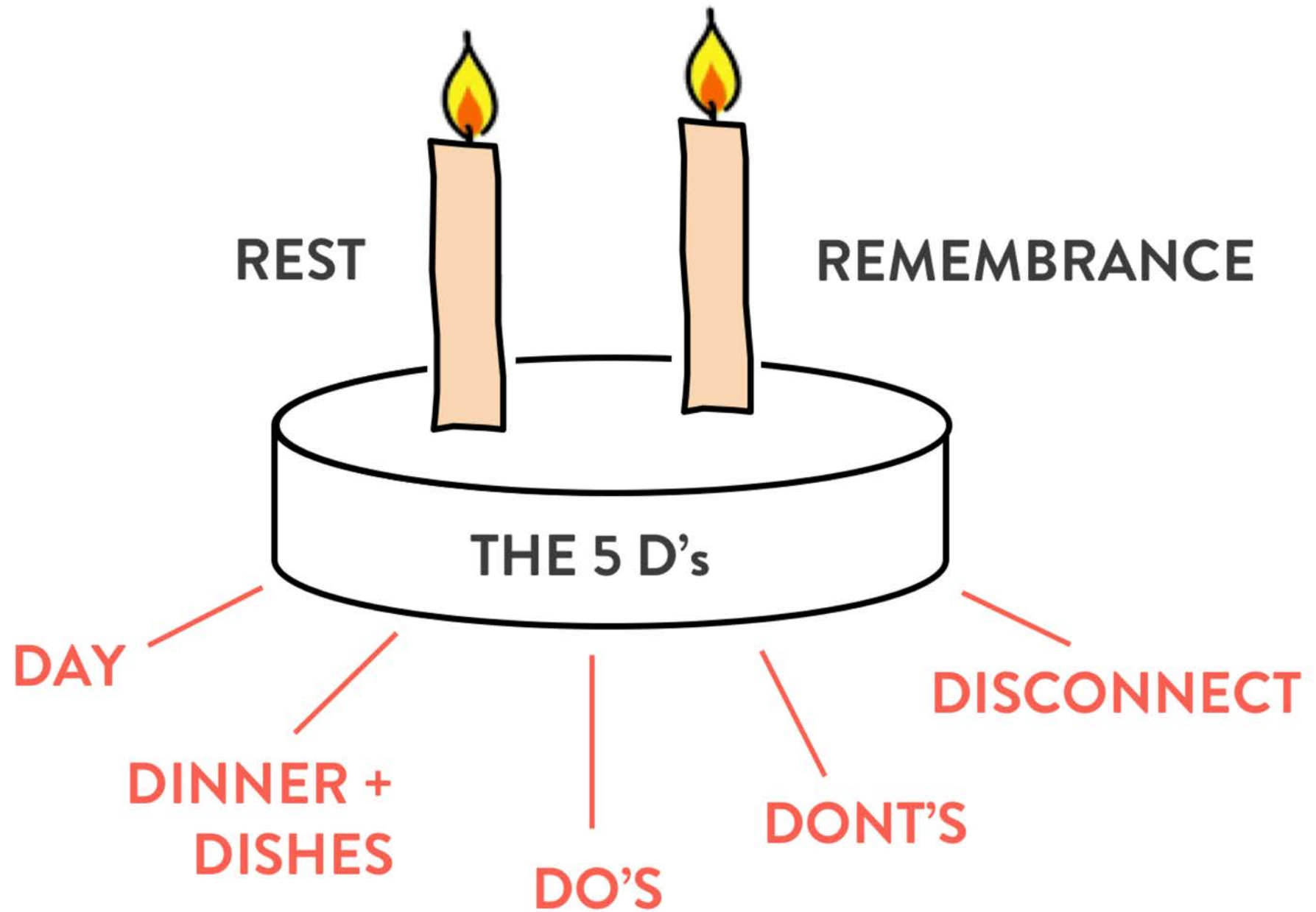
Friday night to Saturday afternoon

2. Sunday Sabbath:

All day Sunday, including church gathering

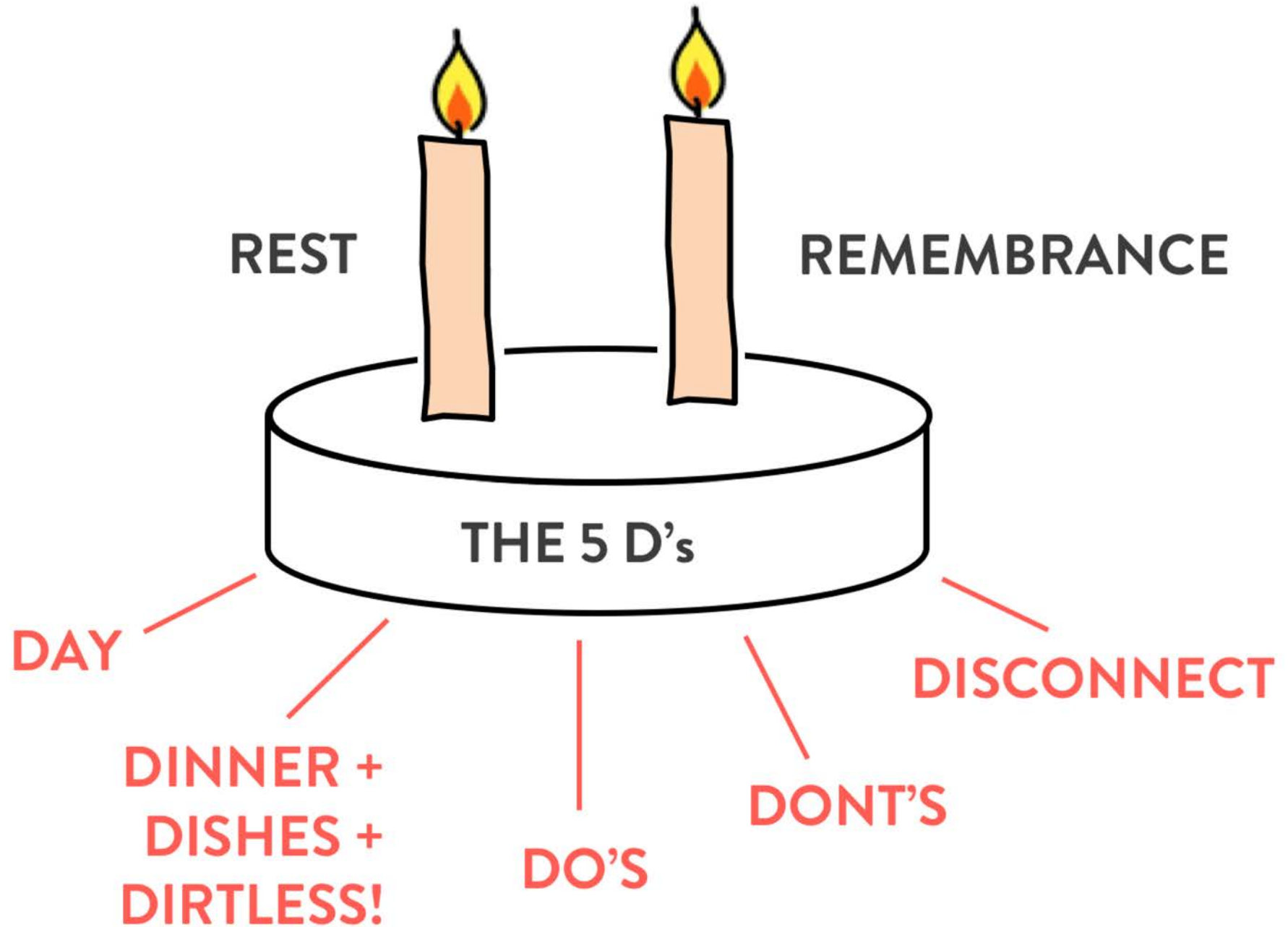
3. TC Sabbath:

Saturday night to Sunday afternoon,
ending with Together Church service

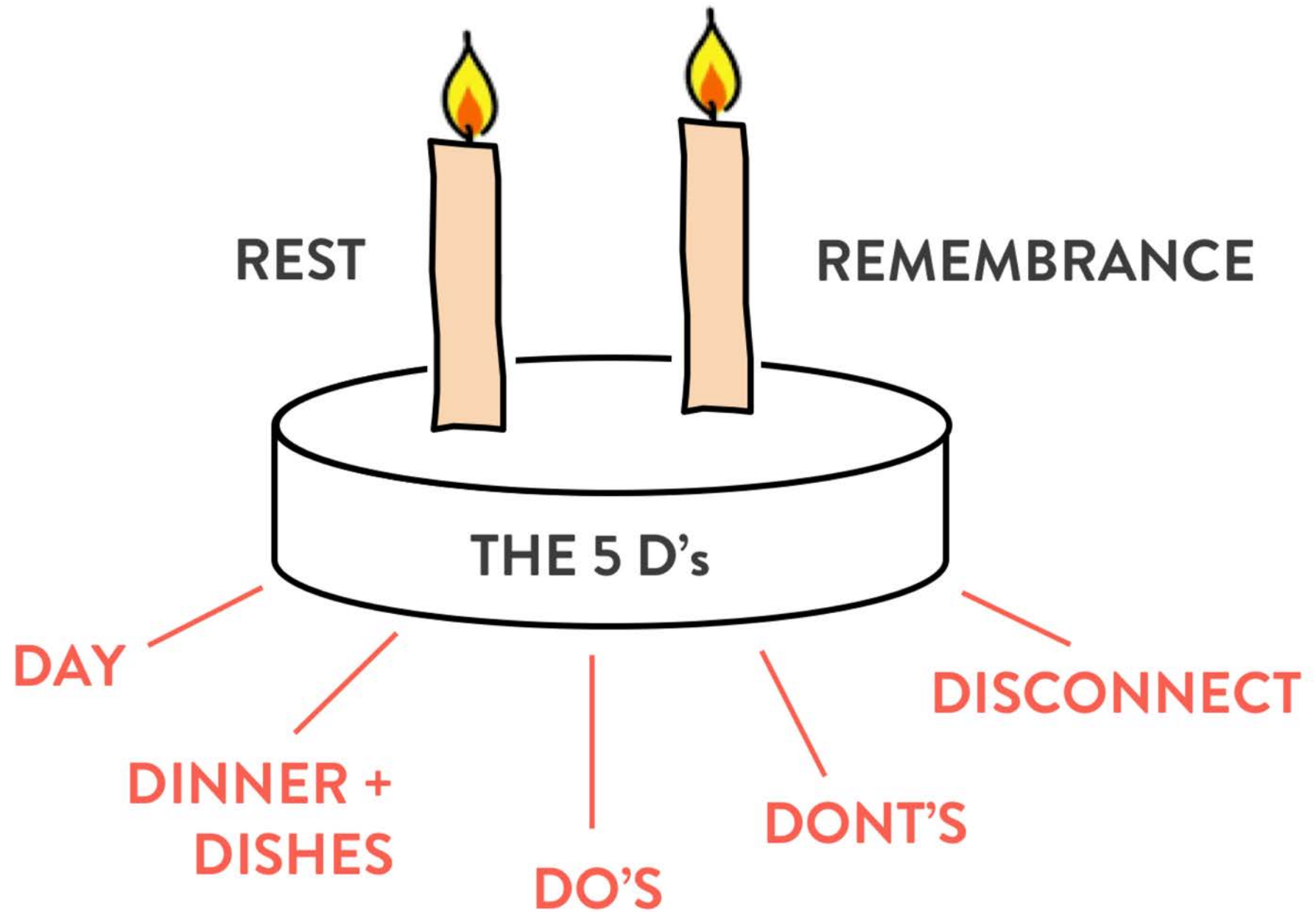


“Preparation for a holy day, my father often said, was as important as the day itself.”

Rabbi Abraham Heschel

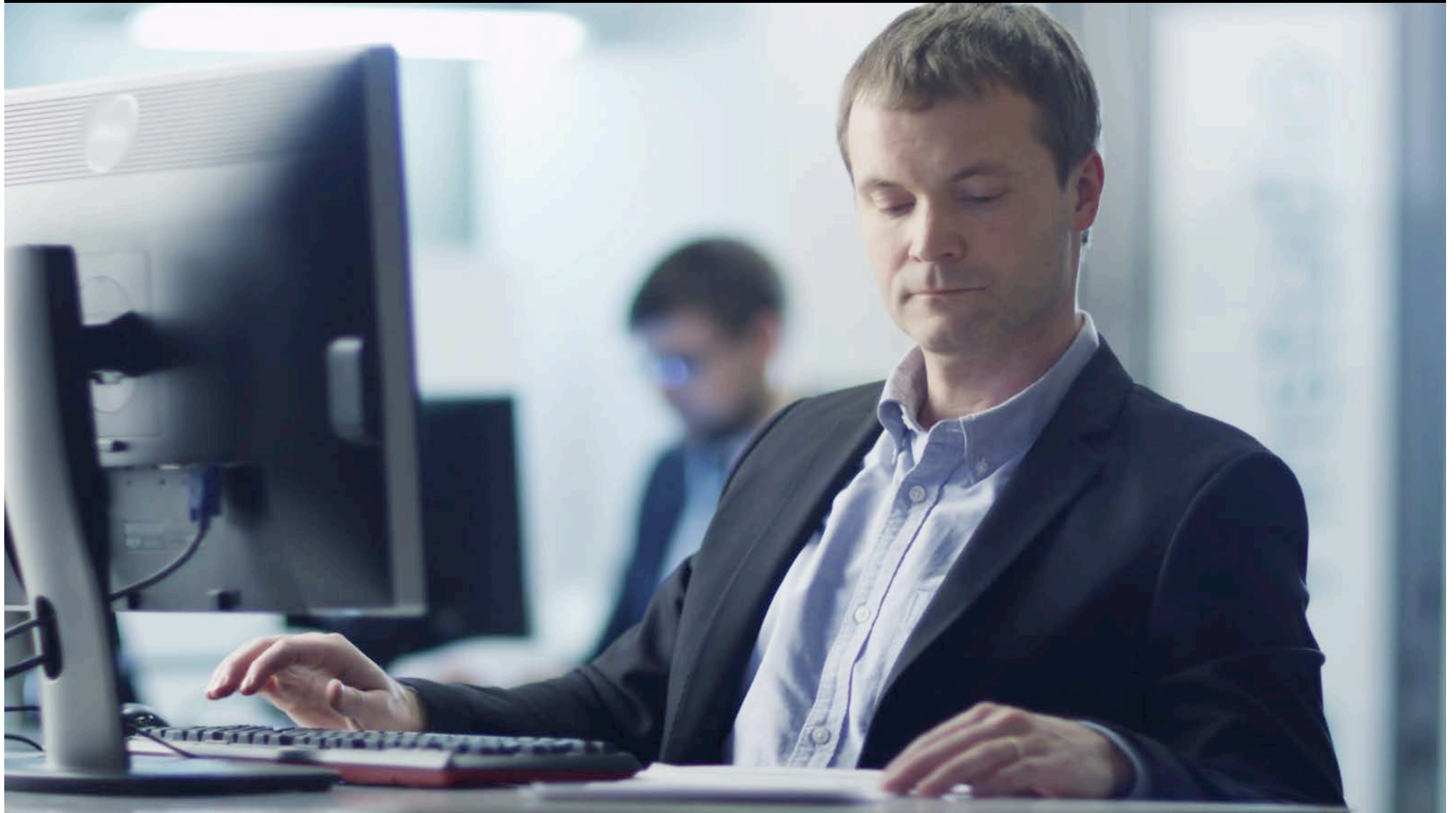


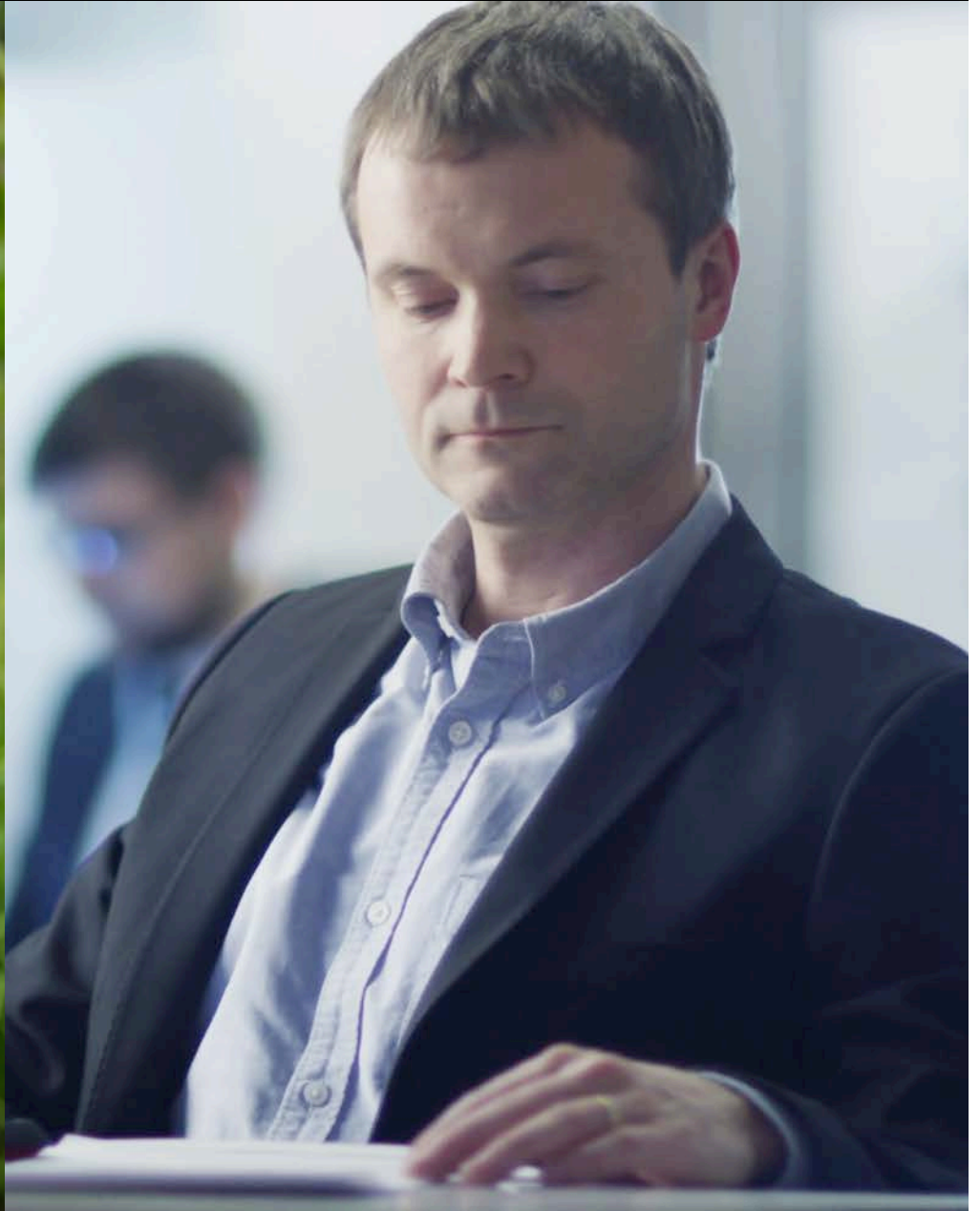


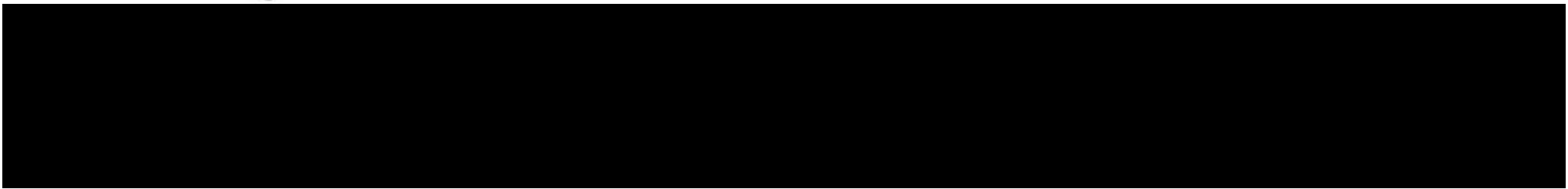
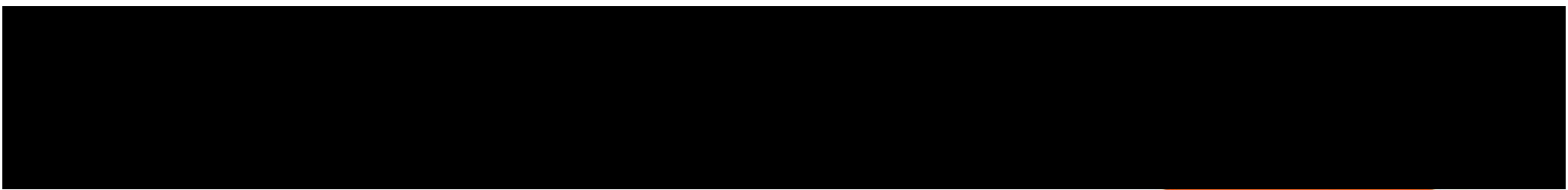


- What is work for me?
- What is rest for me?





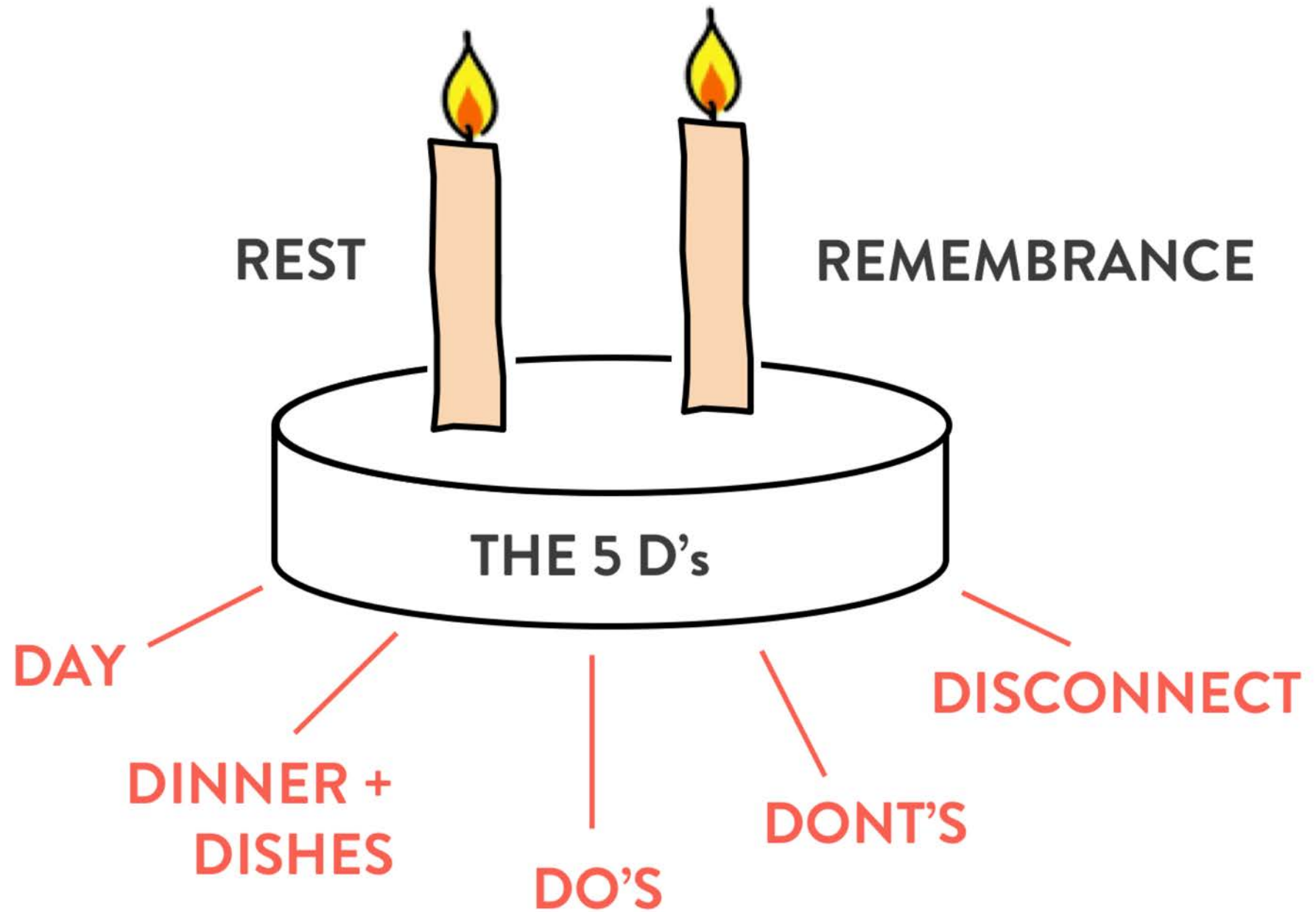






“Physical activity is more restful than we expect, and mental rest is more active than we realise.”

Alex Soojunk Kim Pang



Work:

- Email (Daniel)
- Scanning the Internet
- Cleaning & most housework (Kylie)
- Cooking, especially dinner (Kylie)
- Ticking off tasks from a to-do list (Daniel)
- Facebook & phone games (Kylie)
- 'Must-do' house jobs or fixing projects (Daniel)
- Reading (some work-related books)
- Busy social engagements or interactions (Daniel)
- Hard conversations about difficult issues
- Overly violent or explicit movies
- Supermarket and 'consumer' driven shopping

Maybe's:

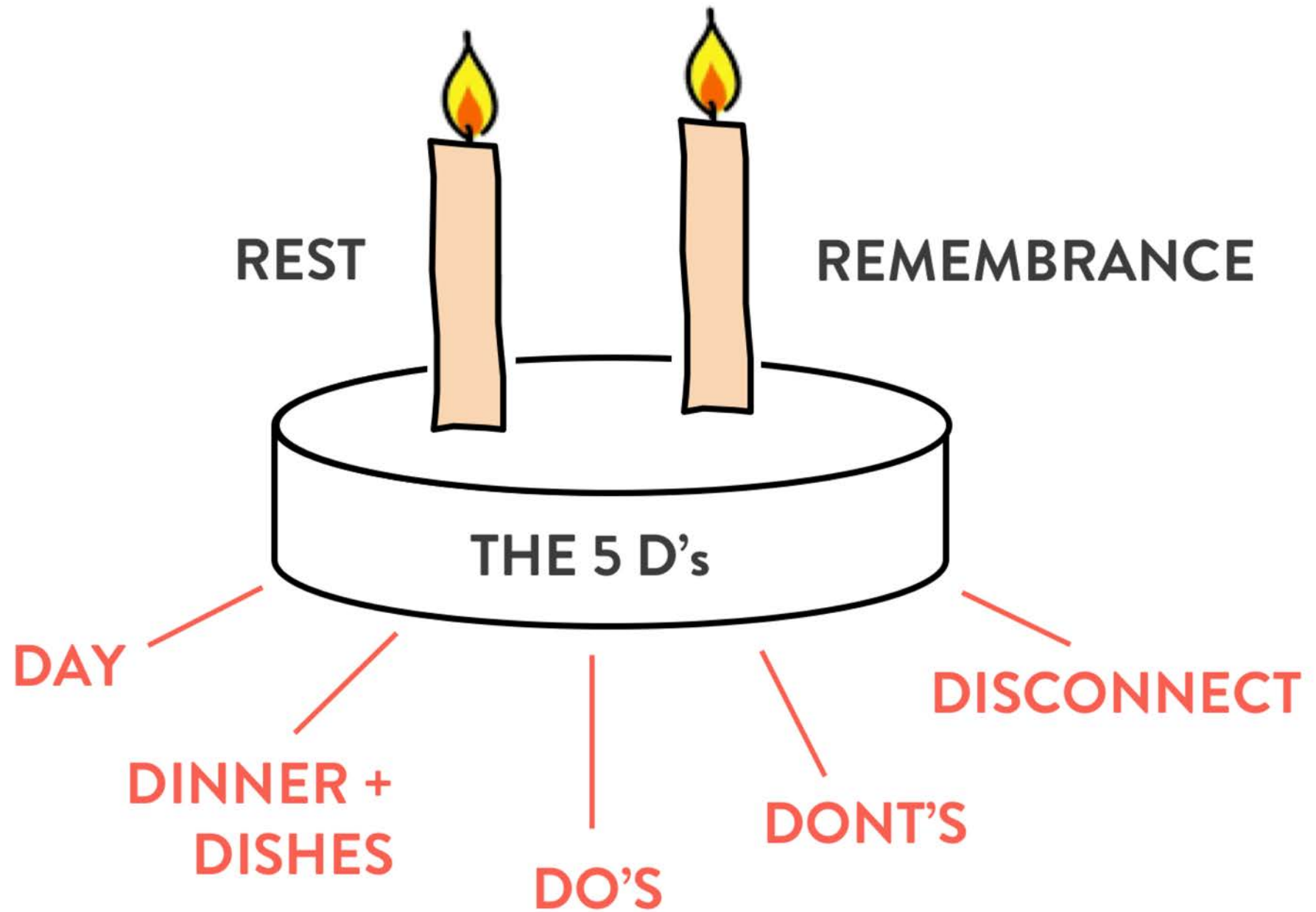
- Email (Daniel)
- Phone calls to friends and family if in the mood
- Dishes and general tidy up (Daniel)
- Selective fun purchases (i.e. take-away food, hiring movies)

Rest:

- Reading
- Fun foods & sweets
- Coffee with friends (esp. Kylie)
- Family outings
- Pool, walk, beach, soccer, bike ride, movies etc.
- Board games
- Socialising with certain friends (low effort)
- Gardening (Kylie), chain-sawing (Daniel)
- Sewing (Kylie)
- Playing music
- Outdoor fires
- Sleeping in and early nights

Remembrance:

- Praying (individually or with others)
- Journaling
- Reading scripture
- Reading other life-enriching books
- Silence
- Listening to, and playing worship music
- Enjoyable exercise (Daniel)
- Mountain biking riding, walking, gym etc.



REST IN THE DIGITAL AGE

How to Disconnect Each Week as a Habit



Sunday 30th June @ 3pm

8 Goulburn St, Hobart

HOW TO DESIGN A SABBATH REST

Sunday 2nd June @ 3pm

「**TOGETHER**
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“The Sabbath is not only an idea. It is something you keep. With other people. You can’t just extract lessons from it.”

Judith Shulevitz

When and where will you plan your
Sabbath rest?

“Sabbath keeping is the linchpin of a life lived in sync with the rhythms that God himself built into our world, and yet it is the discipline that seems hardest for us to live. Sabbath keeping honours the body’s need for rest, the spirit’s need for replenishment and the soul’s need to delight itself in God for God’s own sake. It begins with willingness to acknowledge the limits of our humanness and then to take steps to live more graciously within the order of things.”

Ruth Haley Barton

“Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light.”

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