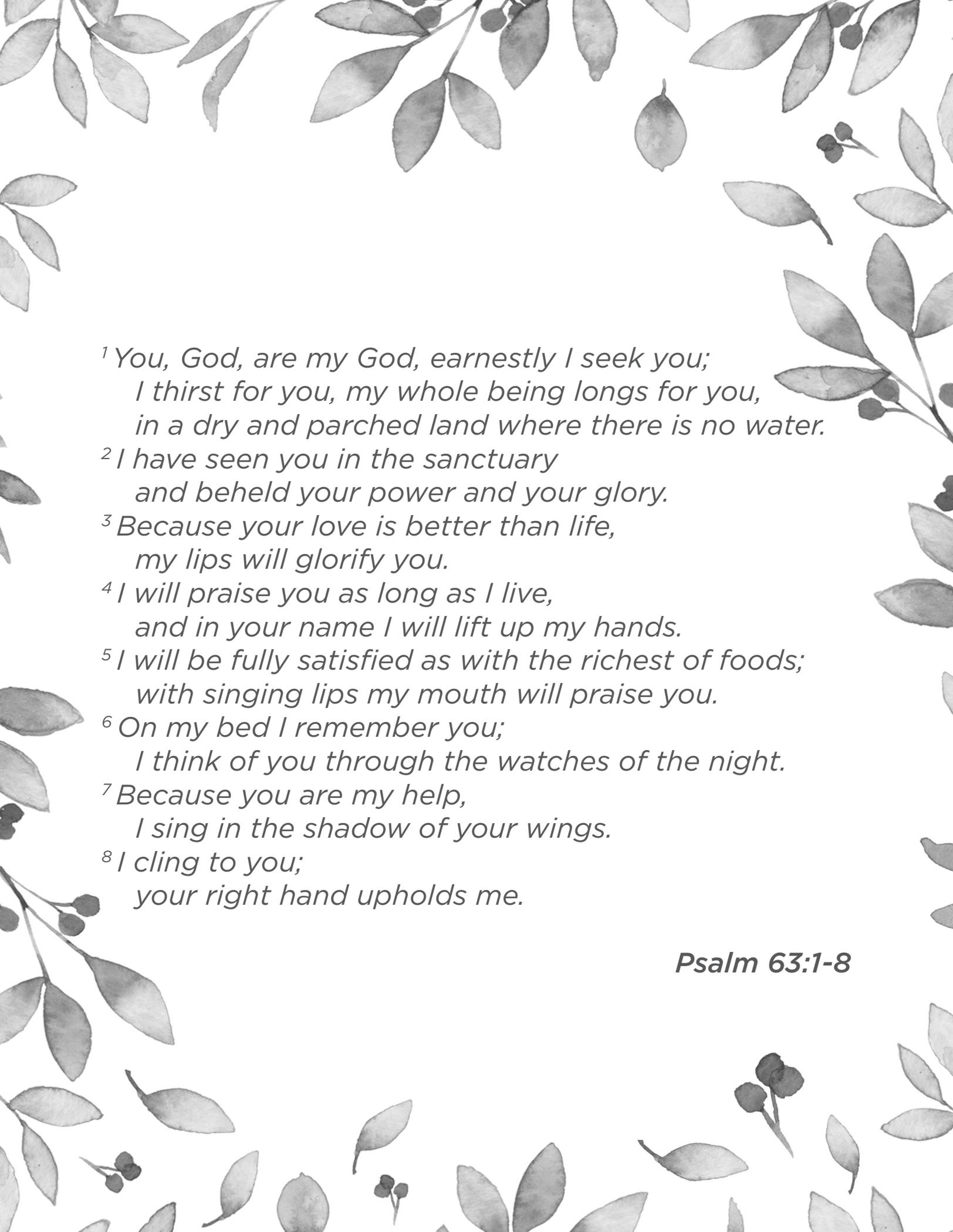




# Ladies' Night Out

APRIL 2ND 2018



*<sup>1</sup> You, God, are my God, earnestly I seek you;  
I thirst for you, my whole being longs for you,  
in a dry and parched land where there is no water.*

*<sup>2</sup> I have seen you in the sanctuary  
and beheld your power and your glory.*

*<sup>3</sup> Because your love is better than life,  
my lips will glorify you.*

*<sup>4</sup> I will praise you as long as I live,  
and in your name I will lift up my hands.*

*<sup>5</sup> I will be fully satisfied as with the richest of foods;  
with singing lips my mouth will praise you.*

*<sup>6</sup> On my bed I remember you;  
I think of you through the watches of the night.*

*<sup>7</sup> Because you are my help,  
I sing in the shadow of your wings.*

*<sup>8</sup> I cling to you;  
your right hand upholds me.*

**Psalm 63:1-8**

## APRIL 2ND NOTES

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**We were NOT created to be RESTLESS... We were created to REST! God set up a rhythm of rest from the very beginning in Genesis.**

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Sabbath Rest is not just about making space in our schedule, it's also about changing the posture of our heart.

**Matthew 11:28-30** - *"Come to me, all who labor and are heavy laden, and I will give you rest. Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light."*

**Why do we RESIST this kind of REST?** - Romans 7:18-20 - SIN

SIN in the form of:

Technology \_\_\_\_\_

Busyness \_\_\_\_\_

Achievement \_\_\_\_\_

Laziness \_\_\_\_\_

Fear \_\_\_\_\_

**The Cure for our RESTLESS SOULS is RESTING IN JESUS!**

Why this kind of REST is so IMPORTANT:

1. It Reminds us of What's Truly Important. \_\_\_\_\_

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2. It Gives us Clarity and Direction. \_\_\_\_\_

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3. It Brings Restoration that can only come from the Lord. \_\_\_\_\_

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**Guidelines for True Soul Rest:**

FREEDOM: \_\_\_\_\_  
\_\_\_\_\_

GRATITUDE & CONTENTMENT: \_\_\_\_\_  
\_\_\_\_\_

LIFE GIVING & SOUL REFRESHING: \_\_\_\_\_  
\_\_\_\_\_

When planning for your Sabbath Rest, ask yourself how the activities will make you feel? Do they line up with these guidelines?

**How do I CULTIVATE this Rhythm of Rest into my life?**

Cultivating requires something of you. It requires digging up the old to prepare for something new.

1. It will require you to change your mind & your actions. \_\_\_\_\_  
\_\_\_\_\_

*"Repentance is a ruthless dismantling of old ways of seeing and thinking, and then a diligent and vigilant building of new ones."* **from The Rest of God by Mark Buchanan**

**Romans 12:2** - *Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect.*

2. It will require you to put up a fight. \_\_\_\_\_  
\_\_\_\_\_

*"You must ruthlessly eliminate hurry from your life."* - **Dallas Willard**

3. It will require you to let go & let Jesus GROW something new. \_\_\_\_\_  
\_\_\_\_\_

4. It will require you to truly REST in His goodness, grace, love and freedom. \_\_\_\_\_  
\_\_\_\_\_

**Galatians 5:1** - *It is for freedom that Christ has set us free. Stand firm, then, and do not let yourselves be burdened again by a yoke of slavery.*

**Romans 8:1-3** - *Therefore, there is now no condemnation for those who are in Christ Jesus, because through Christ Jesus the law of the Spirit who gives life has set you free from the law of sin and death.*

**There is FREEDOM in experimenting until your soul finds REST!**

**Matthew 11:28-30 from the Message**

*"Are you tired? Worn out? Burned out on religion? Come to me. Get away with me and you'll recover your life. I'll show you how to take a real rest. Walk with me and work with me—watch how I do it. Learn the unforced rhythms of grace. I won't lay anything heavy or ill-fitting on you. Keep company with me and you'll learn to live freely and lightly."*

# EXPERIENCE

List the reasons you need this Sabbath Rest.

What areas of your life feel RESTLESS right now?

What benefits would come in those areas of your life if you moved from RESTLESS to RESTED?

My restlessness keeps me from \_\_\_\_\_

\_\_\_\_\_

If I slowed down, I could \_\_\_\_\_

\_\_\_\_\_

If I could put aside my to do list & turn down the volume on the world, I would feel \_\_\_\_\_

\_\_\_\_\_

Cultivating a Sabbath Heart would allow me to \_\_\_\_\_

\_\_\_\_\_

Cultivating a Sabbath Time would allow me to \_\_\_\_\_

\_\_\_\_\_

*Becoming*  
A DISCIPLE THROUGH REST

# ONE FOCUS

## MONTHLY CHALLENGE

This month I commit to \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Use this calendar below to write out what your typical week looks like. This will help you evaluate how you can begin to carve out Sabbath time into your week. Ask yourself what is negotiable and what is non-negotiable in my schedule. Discuss this idea of Rest with everyone in your home and let them help you decide what's best for your family.

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
_____	_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____	_____

### WHAT'S NEXT?

Use the questions on the next page to record your progress and have discussion with your mentor/accountability partner.

# QUESTIONS

## **DAYS 1-10 (APRIL 3 - 13):**

What has God spoken to you this week about carving out time for Rest?

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Is God calling you to say no to something on your schedule or to begin backing out of a current obligation?

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Have you found at least a few hours to devote to rest in your weekly schedule to get started?

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Have you discussed this idea of Rest with your entire family?

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## **DAYS 11-20 (APRIL 14 - 24):**

List ideas to incorporate into your Rest time. No need to plan it out, just have some general guidelines.

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Have you experienced Sabbath Rest since Ladies' Night Out?

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What has been the biggest challenge during the past 10 days?

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What would you like to see happen in the next 10 days?

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## **DAYS 21-30 (APRIL 25 - MAY 4):**

The last 4 months, we have discussed the importance of incorporating the disciplines of worship, scripture, prayer and rest into our lives. Take some time to intentionally think through your life as a whole and how to create rhythms with these disciplines.

### **Use the examples below to create your own list:**

*Remember you have FREEDOM in your own experimentation with these disciplines, be creative with how God made you!*

**Daily** - \_\_\_\_\_  
(ex. I will listen to a worship song, spend at least 5 minutes in scripture and/or in prayer and 30 minutes of intentional rest.)

**Weekly** - \_\_\_\_\_  
(ex. I will attend my local church service and find 4 hours for a weekly Sabbath Reset)

**Monthly** - \_\_\_\_\_  
(ex. I will find one morning/afternoon per month to retreat in solitude, planning, meeting with a counselor/mentor etc)

**Quarterly** - \_\_\_\_\_  
(ex. I will go away for a few extended hours of worship, time in God's word, prayer or rest.)

**Yearly** - \_\_\_\_\_  
(ex. go on vacation for relaxing, rejuvenating, and connecting with those that I love and disconnecting from work)

**TIME TO CELEBRATE** - Meet with your Mentor/Accountability Partner to celebrate what you have learned this semester! This is not about how well you did or didn't do, but just a time to process what you have learned and what you will carry with you on your journey from our time together. This is a celebration of your time together and you can decide if you will continue meeting through the summer.

We highly encourage you to mark your calendar for our FEARLESS Women's Event on August 17-18th and we hope you plan to join us!

## SCRIPTURE REFERENCES

Genesis 1-2		<i>Taken from the concepts in "An Oasis in Time" by Marilyn Paul</i>
Exodus 20:8-11		1. Prepare for your Sabbath Time & Protect It. <i>Put in the effort to prepare for the downtime and put boundaries around it.</i>
Matthew 11:28-30		2. Set a Beginning and End to your Sabbath Time <i>If you set the beginning, you can go all in because you have prepared to rest. Setting an end is as important as setting the beginning... if there isn't a designated end, it can lead to laziness and unproductive "rest"</i>
Romans 7:18-25		
Romans 12:2		
Ephesians 4:22-24		3. Disconnect to Connect <i>Disconnect from technology to connect with yourself, others, and God. When we connect in real life, we find more compassion than comparison.</i>
Galatians 5:1		
Romans 8:1-3		
Mark 2:27		4. Slow down to Savor <i>Be present, even if it's painful. Focus on savoring every moment during your Sabbath Time.</i>
		5. Let go of achieving to rest, reflect and pray. <i>Let go of worries and expectations. This leads to resting well and reflecting deeply (alone or with others).</i> <i>Think of this time as taking your foot off the gas and resting in the fact that you are a simply a child of God..... fully loved and accepted!</i>

## ANNOUNCEMENTS

### SUMMER GROUP OPTIONS FOR WOMEN

**MomStrong Book Club** - Monthly on Wednesday evenings - This group will read through the book "Becoming Mom Strong". This book journeys the joys and struggles of motherhood as well as helps Moms be all that God has called them to be. This group will meet monthly beginning May 16th at 6:00pm to discuss the book and study a woman from the Bible that goes along with the reading from the book. For more info, email Brittnye Reigle at [bgm0913@aol.com](mailto:bgm0913@aol.com),

**Walk and Talk Book Club** - Weekly on Friday mornings - This group will pick a book to read together and meet on Friday mornings at the Greenway to walk and discuss the book together. For more info, email Faith Malone at [faithmalone23@yahoo.com](mailto:faithmalone23@yahoo.com)

**Heaven Bible Study** - Weekly on Thursday evenings - This group will meet weekly beginning April 12th and will be going through Randy Alcorn's study of Heaven. For more info, email Trish Clayton at [nursetrish13@yahoo.com](mailto:nursetrish13@yahoo.com)

### FALL WOMEN'S EVENTS

**Fearless Women's Event** - Mark your Calendars for our FEARLESS Women's Event coming up on August 17th & 18th. This will be a fun weekend of growing, connecting and worshipping together. Invite your friends, registration will begin in June.

## RESOURCES

### BOOKS:

*The Rest of God* - by Mark Buchanan  
*Sacred Rhythms* - by Ruth Haley Barton  
*Celebration of Disciplines* - Richard Foster

### PODCASTS:

That Sounds Fun w/Annie Downs - January 2018  
Rhythms: Sabbath with John Mark Comer