

The Rhythm of Restore Personal Study

*Adapted from the Rhythms of Renewal Study Guide

Watch this video from Rebekah Lyons on Restore

Challenge - Set at least three personal goals of rhythms of restoration (found in Chapters 8-14) that you can practice in the coming week and write it below. Ask at least one trusted friend to pray for you, hold you accountable, and cheer you on as you work to establish those rhythms.

My Three Goals are:

Once we have begun to learn how to rest, we have room to incorporate rhythms of restoration. Where rest was about slowing down, restore is about caring for our bodies, minds and souls. Restoration is about being physically replenished, mentally fortified and emotionally engaged. These rhythms lead to health and vitality in our lives.

I'll give you a full life in the emptiest of places—firm muscles, strong bones.

You'll be like a well-watered garden, a gurgling spring that never runs dry.

You'll use the old rubble of past lives to build anew, rebuild the foundations from out of your past.

*You'll be known as those who can fix anything, restore old ruins,
rebuild and renovate, make the community livable again.*

Isaiah 58:11-12 (The Message)

- Do you long for physical restoration and refreshment in your body?
- Would you delight to experience emotional restoration and a new picture of who you are and what you can become?
- Would you love to have a sharper mind and a soul that's activated by the presence of the Holy Spirit?

This is what is waiting for you in these rhythms of restoration.

- **What is one area of your life in which you long to experience Jesus' restoring power and presence? What are your empty places? What parts of your life need to be rebuilt?**
- **Share these with a trusted friend this week and ask them to hold you accountable.**

"We are a people in desperate need of restoration. The abundant life that Jesus promised far exceeds the life I am living"

Prayer for the Week:

God, we invite you in to restore anything and everything in us that needs your divine and loving touch. Thank you for all the ways that you have restored me in the past, and thank you for all the ways you are restoring me even now. Thank you for giving me an identity rooting in You, your love, your acceptance, your peace. I want to feel joy, I want to enjoy your creation, and I want to relax into your will. I ask for discipline and strength to keep renewing my body and mind. I ask that your Holy Spirit meet me in new life giving ways as I seek to develop these new rhythms. Amen

Permission to Play - Giving Up Control

As adults, we often struggle to make space for play... our days are filled with responsibilities and tasks that feel overwhelming... but really our struggle often lies more in giving up control. The biggest inhibitor to play is control. We want to control our schedule, the tidiness of our home, or our hair, or even control the people around us, so we often have no space for delight, joy and play, because it seems frivolous or a waste of time. As you experience with fun and play, if you find something that brings delight and restores your joy quotient, find a way to make it a more regular rhythm in your flow and share it with others.

- ***What do you think of when you hear the word “play”?***

- ***What would feel like “play” to you? Identify some things you like to do or that you think you might enjoy, but feel like you never have time.***

- ***Do you typically carve out time each week for play or “delighting” in an activity?***

- ***How can trying to control our environment actually stifle fun and limit the joy of play?***

- ***Can you think of the last time you “played”? What impact did it have on you?***

- ***Find three times this week to do something that sounds fun to you, that is “completely frivolous” Record how it made you feel.***

“Play and Control cannot co-exist. Play breaks us out of our stressful routines and rejuvenates us”

Eat Smart - Brain Food

It's important that we pay attention to what we put in our mouths. Try a seven day experiment for healthier eating, set some simple goals, nothing too complicated. Try to eat things that are as close to the way God made them as possible. Make a list of what you will eat, what you won't eat and when you will eat. As you try this, keep a journal of how you feel physically and emotionally.

- *How can good food and a healthy diet serve to restore our bodies as well as help us maintain emotional and soul health?*
- *If we don't pay attention to what we put in our bodies, how can this hurt our physical, emotional and soul health?*
- *What were your last three meals? Note if you consumed any fresh vegetables or fruit.*
- *How healthy do you consider your current diet?*
- *What is one change you can make to create healthier patterns of eating?*
- *When you eat healthier, what difference do you notice physically, emotionally and mentally?*

"You are what you eat, so what you put in comes out"

Know Your Identity - Labels Don't Define You

The world is not the boss of you, but yet we often give it control of our minds. We can cultivate habits that strengthen our minds or we can engage in habits that weaken our minds. What we fill our minds with matters, what goes in, must come out!

- **List Habits/Activities that Strengthen our Mind:**

- **List Habits/Activities that Weaken our Mind:**

- *What are some behaviors that you are going to try to stop or habits you are going to try to incorporate as you work to restore your mind this week?*

Spend some time this week meditating on these scriptures. Read them slowly, thoughtfully, silently, holding onto them in your heart. Then read them again out loud, boldly as a declaration from Heaven:

John 1:12

II Corinthians 5:17

John 15:15

Ephesians 2:10

II Timothy 1:7

Galatians 5:1, 24

I Thessalonians 1:4

Colossians 2:13

Titus 2:14

I Peter 1:3-5

I John 4:10

Matthew 5:14-15

➤ ***Who do these scriptures say that we are?***

Often our mind is filled with labels that the world uses to “define” us. Our roles, our gender, our age, where we live, what we do, what we struggle with, a diagnosis.. These labels interrupt our rhythm. We must always put God above our label, diagnosis, or any scary thing we are facing. God will be your peace, source and strength instead of your label. Let’s listen to the Lord’s voice above the world’s noise.

➤ ***What labels do you live under? Where did these labels come from? Which ones do I need to toss out, release and be done with?***

➤ ***How might your life be different if you shifted how you talk about yourself and the things you face? Instead of “I am....” I’ve struggled with....”***

➤ ***How can you begin to replace these labels with truths from the Lord?***

➤ ***What area of pain in your life show glimpses of purpose? In what ways can your journey become an encouragement to someone else?***

“I am a child of God, a friend of Jesus, I am created by God to do good, I am free in Christ, I am chosen and loved, I am not ruled by fear, I am secure in Him, I am loved by Him.”

Take a Walk - Clear the Brain Fog

Walking outside is a great way to improve your mental, physical and emotional health. Often in our suburban inactivity, the simple act of taking a walk gets lost. This inactivity is creating a set of cascading issues that can undermine our other attempts to get out of a funk. What if instead of meeting a friend for coffee or lunch this week, you met them at a local park for a walk instead? The movement of our body through walking offers a release of control, gets our blood flowing, releases endorphins and lifts our mood.

- ***Do you consider yourself a walker? Or is this new for you?***

 - ***Where can you go to take walks? Maybe expand your horizons?***

 - ***Walk for at least 10 minutes a day, every day this week and record what thoughts came to you.***
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Seek Adventure - Take a Trip

What if instead of avoiding the things we fear or that might be outside of our comfort zone, we actually seek them out? Fear holds us back and keeps us from believing that we are strong enough, brave enough or mentally tough enough to break out of our ruts and routine to try something new and adventurous. When we put ourselves in new situations and try new things, it helps our brains cultivate a new way of seeing the world. Anything can be made into an adventure, but it usually takes a little extra time and a willingness to risk and discover something new.

- ***Are there fears and anxieties you need to overcome to seek adventure in your life?***

- ***What is an adventure you can take this summer? Even if it's in your own city.***

- ***Think back to an adventure that inspired you or filled you with courage, what did you do and how did you feel?***

"The first hour of the morning is the rudder of the day."

Break a Sweat - Use the Workout Pants

When looking to incorporate exercise into your rhythm, the key is to engage in a form of exercise that's challenging for you. Something that increases your heart rate and gets your blood, sweat and positive emotions flowing. This stimulates the production of neurotransmitters that God gave us to help maintain our

ideal state of well-being. Oftentimes instead of turning to the things that God created to bring us some natural positive mojo, we look for comfort foods and self soothing habits, nestled on a couch or hidden behind a screen, all of which are sedentary, which strips us of internal and external strength.

- ***Why is exercise such a hard thing for some of us to incorporate?***
- ***Do you have a regular practice of “break a sweat” type exercise?***
- ***What distractions or excuses do you have for not incorporating it more?***
- ***Make a goal to incorporate it at least three times this week and record how you feel physically, emotionally and mentally about an hour after your workout.***

“Our bodies are active when we are experiencing restoration of body, mind and spirit”

Push Yourself - Move Beyond Your Comfort Zone

When we push ourselves, we discover how much we can accomplish, how brave we can be, and how strong we really are. Getting outside our comfort zone helps us break up the monotony of our mundane routines. It helps us develop a sense of pride and accomplishment and spurs creativity.

- ***Are you a “play it safe” kind of person or a “take a risk” kind of person?***
- ***When was the last time you pushed yourself to try something new? What was it? Are you glad you did it?***
- ***What is something you can do this week to go beyond your comfort zone?***

“To discover something truly great, one must set sail and leave the shore of comfort.”