



Go Deeper, 9th July 2023: Rest and Yokes

Dear Miners,

Rest is a fascination of mine, an obsession. I've seen up close what happens when overwork leads to burnout, and Christians are no less prone than others, although I firmly believe that engaging with our faith in Spiritual Disciplines is immensely helpful – as I said in the sermon, as we cooperate with God in our *discipleship* we give him space to work out our *sanctification*. We help while he gardens.

- Work is good, blessed by God. A rhythm of rest and leisure is good, blessed by God. They are friends, not competitors. How do you find the balance in your life at the moment? What are your reactions to the words 'work,' 'rest' and 'burden.'
- Have you found life less burdensome as a Christian? Does faith or church seem onerous? What might you do differently? How might you think or pray differently? Does church need to change? Do you need to do anything more, or less?
- Richard Foster, who wrote the seminal book on Spiritual Disciplines, lists these 12. meditation, prayer, fasting, study, simplicity, solitude, submission, service, confession, worship, guidance, and celebration. Are they familiar to you? Are there any surprises there? Would you like to explore any of them?

I hope you have found comfort and challenge in this restful topic. If it has thrown up anything you'd like to discuss, as ever, email me or pop something in the AMA basket. If you want to talk, I'm here for that too.

Every Blessing

Rob

Deeper Stuff

An Article: a letter to preachers, and sound advice for all of us.

<https://www.workingpreacher.org/dear-working-preacher/rest-for-your-souls>

Books:

John Mark Comer – *The Ruthless Elimination of Hurry*

Richard Foster – *A Celebration of Discipline*. Ask me if you'd like to borrow it.

John Ortberg – *Soul Keeping*

Alex Soojung-Kim Pang – *Rest*. A genuinely life changing book, especially for creative types. Ask me if you'd like to borrow it.

Podcasts: another from the excellent undeceptions team, this time interviewing (amongst others) Dr Alex Pang, author listed above. If you're burdened and you do 1 thing this week, listen to this. (And then pray quietly for a moment!)

<https://undeceptions.com/podcast/resting-well/>