

Restoring Rest- by Michael Hyatt

God's invitation is for us is to enter into His rest

Let us, therefore, make every effort to enter that rest... Heb 4:11

Jesus is offering this gift of rest

Come to me, all who labor and are heavy laden, and I will give you rest

Matt 11:28

Key learning's regarding Sabbath Rest

At the heart of practicing Sabbath is:

Cease from what is necessary embrace what gives life.

Sabbath is not for more creating it is for re-creating.

Sabbath keeping is more art than science.

God gave only broad and general prescriptions for the Sabbath, cease work mainly.

Sabbath is letting go, its a "stop work" order, it's the rest we take smack dab in the middle of all those loose ends and unfinished projects, all the have to's so we can focus on the get to's.

God commands that we imitate him in order to discover again that we're not him and we need him.

Rest is important to:

Recharge physically and emotionally. This is more important than you think. We were made to surge, then rest. It is so important, that it is hard-wired into our biology. This is why we sleep. It is also why God built it into the structure of each week (i.e., six days of work; one day of rest). God even instructed the Israelites to take an entire year off every seven years. We can't just go, go, go, and expect to function optimally.

Is this important now? Why?

2. Slow down and enjoy being. God made us human beings, not human doings.

You would never know it, looking at modern man. So much of our life is defined by our activities. Rest can create opportunities to read, reflect, go for long hikes in the mountains, fish, and just sit and do nothing. Most of us have to consciously give ourselves permission not to be productive. It will take a while to create this new rhythm in our lives.

Is this important now? Why?

3. Reconnect with God. Everything in contemporary culture conspires against the pursuit of the only one who gives meaning to everything else. We can spend our days lost in the endless flow of distractions and amusements. Over time, our heart becomes slowly buried, disconnected from God and without any sense of True North. It is so healthy to read the Bible and other spiritual literature, and spend time in prayer.

Is this important now? Why?

4. Gain clarity my priorities and goals. We need a weekly time to refocus, to reconsider priorities, design the week ahead, and establish goals for the next three months. This creates the opportunity to make sure I am making time for what matters most. It also gives me a filter by which to say no to other opportunities that come my way.

Is this important now?
Why? _____

5. To secure alignment with your spouse. As the prophet Amos asks, “How can two walk together unless they are in agreement?” (See Amos 3:3). Although I believe my wife and I can have a positive impact on our own, I also believe in the power of synergy. Together, we have the potential for our combined efforts to be greater than the sum of our individual ones.

Is this important now? Why?

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