



EPISODE 2: RHYTHM AND REST

Group Questions

1. HOW DO YOU FEEL ABOUT YOUR PACE OF LIFE RIGHT NOW?
2. DO YOU FEEL THAT YOU'RE REALLY LISTENING TO YOUR LIFE?
3. WHAT DOES AN IDEAL SABBATH DAY LOOK LIKE TO YOU?

Journal Questions

1. WHAT MAKES YOU COME ALIVE?
 - A. SPIRITUALLY (PRAYER + SACRAMENTS)
 - B. SOCIALLY (RECREATION)
 - C. CREATIVELY (EXPERIENCE GOD'S AWE AND WONDER)
 - D. PHYSICALLY (FOOD + EXERCISE)
 - F. COMMUNITY
2. WHAT DO YOU NEED TO SAY NO TO IN THIS SEASON OF LIFE?



Quote to Ponder

"THE PURPOSE OF JOURNEYING TOGETHER IN SPIRITUAL FRIENDSHIP AND SPIRITUAL COMMUNITY IS TO LISTEN TO ONE ANOTHER'S DESIRE FOR GOD, TO NURTURE THAT DESIRE IN EACH OTHER AND TO SUPPORT ONE ANOTHER IN SEEKING A WAY OF LIFE THAT IS CONSISTENT WITH THAT DESIRE."

– Ruth Haley Barton, *Sacred Rhythms: Arranging Our Lives for Spiritual Transformation*

"PRESENT IS LIVING WITH YOUR FEET FIRMLY GROUNDED IN REALITY, PALE AND UNCERTAIN AS IT MAY SEEM. PRESENT IS CHOOSING TO BELIEVE THAT YOUR OWN LIFE IS WORTH INVESTING DEEPLY IN, INSTEAD OF WAITING FOR SOME RARE MIRACLE OR FAIRYTALE. PRESENT MEANS WE UNDERSTAND THAT THE HERE AND NOW IS SACRED, SACRAMENTAL, THREADED THROUGH WITH DIVINITY EVEN IN ITS PLAINNESS. ESPECIALLY IN ITS PLAINNESS."

– Shauna Niequist, *Present Over Perfect: Leaving Behind Frantic for a Simpler, More Soulful Way of Living*"

Additional Resources

SHUANA NIEQUIST, *PRESENT OVER PERFECT*
RUTH HALEY BARTON, *SACRED RHYTHMS: ARRANGING OUR LIVES FOR SPIRITUAL TRANSFORMATION*
THE RULE OF ST. BENEDICT
MATTHEW KELLY, *THE RHYTHM OF LIFE*