



Connecting Friends Around an Open Bible

Issue # 8

R&R

Opening Prayer Father God, You know our struggles and pains. When you asked us to follow you, you promised to always be with us and you have never broken that promise. But you never told us it would be easy. Lord, we need to be strengthened by your power and presence. Teach us now and help us to follow you more nearly. In Jesus name, Amen.

Last Issue Recap **How did YOU apply the last issue's lesson to your life?**

R&R is a military term describing the downtime given to personnel for Rest and Recuperation. Without having this time purposefully planned into a person's week-to-week schedule, they will suffer from added stress, anxiety, and lack of energy, depression, and eventually burnout. A human body is not designed to keep on going – it must rest and recuperate.

- **Rest:** "cease work or movement in order to relax, refresh oneself, or recover strength."
- **Recuperation:** "Recovery from illness or exertion."

Sure, the human body is capable of doing amazing things but without R&R the body cannot do anything - It will shut down and shut you out.

R&R is more important than we'd like to think. That's why we don't take it as seriously as we should. Your body tells you when you need R&R. Unfortunately, we don't listen to our bodies very well.

We listen to the rushing pace of the world driving us harder and harder. We feel the pressure to perform and so we do. We don't want to let anyone down so we push ourselves further than we should and end up paying the price. We become ill, we lose any sense of peace in our hearts, we stop caring, we become despondent, then we burn-out: physically, mentally, emotionally and even spiritually.



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READ

Genesis 2:1-3

ChatPoint #1

- **What did God do? Why?**
- **Have you ever experience burn-out? If so, share your story with your group?**
- **How did you feel in your burn-out state?**
- **What did you do to overcome your burn-out?**
- **What stops you from having R&R?**

“We humans have lost the wisdom of genuinely resting and relaxing. We worry too much. We don't allow our bodies to heal, and we don't allow our minds and hearts to heal.”

- *Thich Nhat Hanh (Vietnamese Clergyman)*

A few weeks ago (Issue #3: Immediately) we read of Jesus saving Peter. Just before he saved him, in a sort of throw-away-easily-looked-over verse, we read this...

READ

Mat 14:23 And after he had dismissed the crowds, he went up on the mountain by himself to pray. When evening came, he was there alone,...

Even Jesus carved out time for R&R (*call it 'CoffeeChatConnect', just for fun*) with God. Jesus teaches us that our R&R must have a spiritual focus on God. Jesus created solitude for himself; he also intentionally connected his soul to God. It's just as important for us to follow his lead and to plug our souls into God, letting God help our souls recuperate. When we connect with God; we will find a renewed strength, hope, purpose, joy, wisdom, etc. R&R in God recharges our souls and brings you to life.

READ

Hebrews 4:1-13

**Key
Focus**

Heb 4:9 So then, there remains a Sabbath rest for the people of God,

ChatPoint #2

Mar 2:27 Jesus said to them, "The Sabbath was made for man, not man for the Sabbath.

1. What stands out for you in this passage?
2. What do you think the main point is?
3. How important should R&R be for our spiritual lives? Why?
4. What would it look like if Christians applied this principle or lesson to their lives today?
5. What is Jesus telling you personally as you reflect on this lesson?
6. How can you apply this lesson to your life this week?

Prayer Requests

Closing Prayer

Father God, in all your wisdom, you saw it fit to have R&R. You set the example of how important it is. Jesus, even you had R&R. Lord, let us not forget this discipline and show us how to rest and recuperate more in you. Guide us Holy Spirit. In Jesus name, Amen.

Personal Reflection

To be completed at home

Only God, in his wisdom, commands that we take one day out of seven for our souls to #CoffeeChatConnect with him. His plan is to save us. Surely that's important enough for you to apply this lesson?

- When will you have your R&R focused on connecting with God? Do it ASAP.

Who will facilitate the next #CCC?

Venue:
Date & Time: