

# Freely & Lightly



## SHOW NOTES / REFERENCES

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Sacred Rhythms by Ruth Haley Barton

Genesis 2:2-3 (NIV)

Matthew 11:28-30 (MSG)

Genesis 1 (NIV)

Matthew 11:28 (NIV)

Matthew 23:4 (NIV)

“Because we do not rest, we lose our way... Poisoned by the hypnotic belief that good things come only through unceasing determination and tireless effort, we can never truly rest. And for want of rest, our lives are in danger.” - Wayne Muller, [Sabbath: Finding Rest, Renewal, and Delight in Our Busy Lives](#)

Godspeed: The Pace of Being Known (Matt Canlis film & resources)

“This is the only reason why we are not fully at ease in heart and soul; that we look to find our true rest in these things [in other things, things] that are so little that they contain no rest.” -Julian of Norwich, “Breathe Training” by Larry Warner

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Matthew 11:28 (NIV)

***For Reflection:***

How have you found rest?

How have you experienced this promise in your daily life?