

# Freely & Lightly



## SHOW NOTES / REFERENCES

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“...the active life also carries a curse. Many of us know what it is to live lives not of action but of frenzy, to go from day to day, exhausted and unfulfilled by our attempts to work, create and care. Many of us know the violence of active life... Action poses some of our deepest spiritual crises as well as some of our most heartfelt joys.” - Parker J. Palmer, [The Active Life: A Spirituality of Work, Creativity, and Caring](#)

Dangerously Tired:

“But the condition of being dangerously tired is not simply the result of an intense run of activity or even a crisis, as demanding as these may be. Dangerous levels of exhaustion usually accumulate over a longer period of time in which we are consistently living beyond human limits, functioning outside our giftedness, or not paying attention to the sources of our exhaustion.

“When we are dangerously tired we are unable to be our best selves, we find it difficult to make wise and discerning decisions, we hoard energy rather than being able to give ourselves freely to others, and our bodies may begin to break down under the stress and strain of it all.” - Ruth Haley Barton, [Invitation to Retreat: The Gift and Necessity of Time Away with God](#)

Godspeed Conference Main Sessions:

[Session 1](#)

[Session 2](#)

[Morning Devotions](#)

[Session 3](#)

[Session 4](#)

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

“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

Matthew 11:28 (NIV)

***For Reflection:***

How have you found rest?

How have you experienced this promise in your daily life?