

Freely & Lightly



SHOW NOTES / REFERENCES

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](#)

10 Commandments: [Exodus 20:1-17](#) (NIV)

"Rest on the Sabbath as if all your work were done... Rest even from the thought of labor." - Abraham Joshua Heschel, [The Sabbath](#)

Psalms 23:2 (NIV)

Sacred Rhythms by Ruth Haley Barton

Not all pain is bad. - C.S. Lewis, [The Problem of Pain](#)

Immanuel Prayer

For Reflection:

What is it that recharges and regenerates you?

Is there space in your life right now where you're resting your body, refocusing your spirit on God, or recharging your emotions?

Do you need rest?

Do you have a regular habit of Sabbath in your life?

Do you have even a few hours where you can come apart and be with God?

Recommended Resources:

Sabbath Keeping: Finding Freedom in the Rhythms of Rest by Lynne Baab

Sabbath As Resistance: Saying No to the Culture of Now by Walter Brueggemann