

Rhythms

OF  
REST

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# rest is a rhythm

Slowing down and finding a rhythm that works for your family. You want it. Your kids want it. Your relationships want it. Your wallet, your calendar, your head space, your home wants it. Even these sentences want it. So, why don't we actually do it?

During this series, we will dive into what it could mean to actually rest. Not because a pandemic requires it, but because we choose it.

The adult study guide is diving into Lectio Divina "Divine Reading"—it's a way to read, understand, and contemplate the Bible. In this family guide, that same concept has been outlined for kids.

If you choose to read the book alongside the adult curriculum, *The Ruthless Elimination of Hurry* by John Mark Comer, there are great concepts in that book that you could add to your family discussions that are not necessarily outlined in this study guide.

# LECTIO DIVINA FOR FAMILIES AND KIDS

**CHOOSE A PASSAGE:** Start with a very short passage— even just 1–2 verses— or a character story. If this is your first time practicing this, it works best to choose a story they are already familiar with. As you become more comfortable with this practice, you can begin adding new stories and passages.

## FOLLOW THE LECTIO DIVINA PATTERN:

- 1 Read
- 2 Think (Meditate)
- 3 Pray
- 4 Listen (Contemplate)

**LECTIO (READ):** Read it out loud slowly. Read it multiple times. If your kids can read, have them follow along with a copy and then read it to themselves again. Ask if there are any words that they need clarified. Ask them to share a favorite phrase or part.

**MEDITATIO (THINK/MEDITATE):** After reading it several times, see if the kids can connect the passage to their lives. Ask what the overall message or lesson might be. Have them close their eyes and imagine Jesus reading the passage or being present when it happens, even using their five senses. (What do you see? What do you hear? Are there any smells? Etc.)

**ORATIO (PRAY):** Pray together. Keep it simple while connecting it to the passage. For an example “Dear Jesus, thank You for being our Good Shepherd. Help us to always follow You closely. Teach us to listen to Your voice.”

**CONTEMPLATIO (LISTEN/CONTEMPLATE):** Give the children the opportunity for silence, even a minute or two, to listen to God. Encourage them to ask Him a question, to tell Him they love Him, and then to be still. If the child is old enough, reflection journals or drawing books work great as responses after they have had a moment to “listen”.

# JOURNALING WITH LECTIO DIVINA

## READ

- Read several times, pay attention to detail
- Note verses or phrases that stand out to you
- Work to understand the meaning and background

### **JOURNAL STARTERS:**

- In this passage...
- My favorite verse was...
- I noticed...



## THINK / MEDITATE

- Think about the reading and connect it to your life
- Imagine being present to hear the passage or witness the story

### **JOURNAL STARTERS:**

- This reminds me of...
- If I were there...
- I can connect the story to...



## PRAY

- Talk to God in prayer about the passage or story
- Thank God for His Word
- Ask Him to help you understand it

### **JOURNAL STARTERS:**

- Dear Jesus...
- Thank you, God, for...
- Please help me understand...



## LISTEN / CONTEMPLATE

- This is a quiet expression of love between you and God
- Try to hear what God is trying to teach you through the passage or story
- Does anything new come to mind? Does anything that you already knew seem "louder"?

### **JOURNAL STARTERS:**

- I think Jesus is teaching me...
- Lord, I love you for...
- I believe...



# BOOKMARKS TO CUT OUT!

<b>Lectio</b>	Read	
<b>Meditatio</b>	Meditate	
<b>Oratio</b>	Pray	
<b>Contemplatio</b>	Contemplate	

<b>Lectio</b>	Read	
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# BOOKMARKS TO CUT OUT!

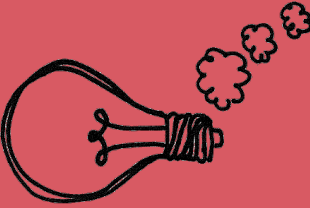
Lectio

Read



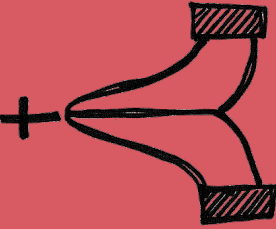
Meditatio

Meditate



Oratio

Pray



Contemplatio

Contemplate



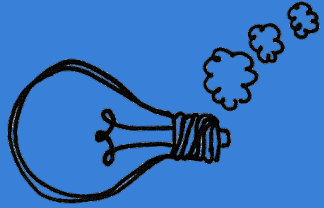
Lectio

Read



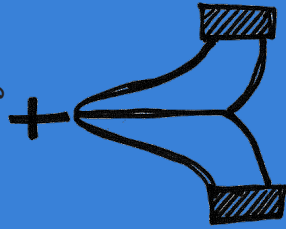
Meditatio

Meditate



Oratio

Pray



Contemplatio

Contemplate



# THE COMMAND TO REST



## **Big Idea:**

Rest is not just a fun thought, it's required!

## **Key Verses:**

### **MATTHEW 11:28-30**

*Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light.*

## **Start Sharing:**

1. Do you feel tired right now?
2. When do you feel tired the most during the week?
3. Tell me the difference between being physically tired and being brain tired? (physically tired means your body won't "go" anymore, brain tired is when you feel like you can't make one more choice, or one more test, or think about one more thing).
4. When you feel physically tired, what is the thing that gives you rest and refreshment? How about when you are brain tired?
5. How do you feel when you wake up from a great bedtime sleep or a nap?
6. What are other ways to rest besides sleeping?

## **Start Doing:**

1. Do Lectio Divina for this week's scripture passage.
2. Force rest. Choose one (or more) this week.
  - Lay still all together for 1 minute, 5 minutes, 10 minutes. See what happens.
  - Take a nap sometime during the week. Try to allow for at least one hour.
  - Turn off all phones and electronics (parents included) for 4 hours at a time during the day.
  - Pray every night as a family for the ability to rest from whatever is burdening you.

## **Start Praying:**

Dear God, thank You for inventing rest. Help us to understand why this command is important and help us to live in our bodies and minds the way that You created it to be. In Jesus' name, amen.

Rest for  
your soul

# THE PRIORITY PARADOX

Making good choices



## Big Idea:

More stuff is just more stuff.

## Key Verses:

**LUKE 12:15**

*Then he said to them, "Watch out! Be on your guard against all kinds of greed; life does not consist in an abundance of possessions."*

## Start Sharing:

1. What is a favorite thing you own?
2. What is a favorite thing that our family owns?
3. What is a favorite thing that one of your friends owns?
4. Do you ever wish you had something that someone else has?
5. Do you ever feel like things would be better if you just had more stuff – or the "right" stuff?
6. Are you ever overwhelmed by stuff? Give some examples.

## **Start Doing:**

1. Do Lectio Divina for this week's scripture passage.
2. Give each child a paper and a pencil. Have them go into their rooms and write down all of the things that they own. Branch out to include rooms like toy rooms, play spaces, and outdoor spaces. If you have a child who can't write/spell, go with them and write for them.
3. Go over this list together and count it. See if there is anything that is causing clutter or making them feel overwhelmed in any way. If you have excess, talk about whether getting rid of something will help create a calmer space.
4. Discuss:
  - How could you organize better so that things you love are accessible?
  - How could you create a simpler space?
  - How can you remember what you have (and how those things make you feel) when you ask for more things?
  - Is there anything you could donate to someone else who needs it?

## **Start Praying:**

Dear God, thank You for giving us so much. Help us to stop being greedy in our lives when we see so many cool things around us. Help us to love others enough to want to provide for people who don't have as much as we do. In Jesus' name, amen.

Be on  
guard

# EXISTENTIAL CRISIS

*Life is confusing*



## **Big Idea:**

Living for Jesus is different than living for the world.

## **Key Verses:**

### **MATTHEW 16:24-26**

*Then Jesus said to his disciples, "Whoever wants to be my disciple must deny themselves and take up their cross and follow me. For whoever wants to save their life will lose it, but whoever loses their life for me will find it. What good will it be for someone to gain the whole world, yet forfeit their soul? Or what can anyone give in exchange for their soul?"*

## **Start Doing:**

- Do Lectio Divina for this week's scripture passage.

Do this before you start the sharing portion of this week. These scripture passages have a lot of things in it that kids might have a hard time understanding. Some of the questions below might be duplicates to things you discuss during Lectio Divina.

## **Start Sharing:**

1. A common way to think about “losing your life” is death. People often talk about brave soldiers who “laid down their lives” for our country. Laying down your life also could mean setting aside your preferences for someone else’s. Think about the ways that you do things. What kinds of preferences do you have that you would have a hard time giving up?
  - Everyday example: I want to keep my toothbrush in the cup on the counter in the bathroom. My sister wants to spray her hair spray in front of the mirror in the bathroom and the hair spray gets all over my toothbrush. One of us needs to “give up/lay down” our preference in order for this situation to work. What would you do to create a solution?
  - What other examples can you think of in your everyday life?
2. Do you ever compare yourself to other people? What kinds of negative thoughts come from that? How could you change that to a positive?
3. How do you live for Jesus every day? How is this different than living for the world?

## **Start Praying:**

Dear God, thank You for providing so much for us. Help us to care about other people the same way You do. In Jesus’ name, amen.

Follow  
Me

# THE COMMAND TO REST



## Big Idea:

Everyone has time to spend.

## Key Verses:

### PSALM 90:12

*Teach us to number our days, that we may gain a heart of wisdom.*

## Start Sharing:

1. How many hours are in a day? (24)
2. How many hours are in a week? ( $24 \times 7 = 168$ )
3. How old are you in hours? (try to figure out approximately how many hours you've been alive.  $((\text{Age} \times 365 \text{ days}) \times 24 \text{ hours})$ )
4. Name someone who seems to be able to fit a lot into their hours of life.
5. Name someone who doesn't seem to know how to use hours well.
6. What do you think the difference is between those people? Which one are you?

## Start Doing:

- Do Lectio Divina for this week's scripture passage.
- Take an accounting of something that hinders you from living your days to the fullest. Make a plan to stop doing that thing – or start doing that thing differently.
- Draw a huge heart on a piece of paper. Write the word "wise" on the paper somewhere. Write words in your heart that reflect the wisdom that you have learned from Jesus and how He wants you to live your days. Examples might be: Kindness, thinking of others, numbering our days, serving, listening well, etc. Hang up your artwork!



## Start Praying:

Dear God, You are so wise. Help me to be more like You every day and to number my days well. Help me love the people around me. In Jesus' name, amen.

Teach  
Us



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