



The **CROWN** Rhythm

DISCIPLESHIP TRIPLETS - NURTURE MATERIAL - WK9

AIM	For each member of the triplet to understand that rest and sabbath is a gift as much as a command. This builds the R - RE_CREATE element of CROWN. This week we focus on practices around Renewal & Celebration.
RECONNECT	Take a moment to tell the story of the week / time since you last met. Ask people to share in no more than a minute each: What are you thankful for? What stresses or challenges are you facing?
REVIEW	Ask the Accountability Questions: <ul style="list-style-type: none"> - Have you completed your Bible Reading? Did God speak to you? - Have you been able to meaningfully join with and serve your church family? - What is God doing among your “pray for five.”? Have you had opportunities to share God’s love? (e.g. SALT conversations, acts of kindness, etc) - Have you had a good balance of work and rest? <p>Each member shares how they got on with marking out rest or screen fasting.</p> <p>Encourage progress made, and keep each other accountable where things feel stuck or sticky.</p>
INTRODUCTION	Watch this short video: https://www.youtube.com/watch?v=EneJknPi65k&list=PL3Fqf6JxAZEubTDawRNiNG0FnNVmVtApJ&index=5
BIBLE	Follow the Read & Reflect sections of the Discovery Bible Method to look at Deuteronomy 5:12-15: https://www.biblegateway.com/passage/?search=Deuteronomy+5:12-15&version=NLT
RESPONSE	“Remember that you were once slaves in Egypt, but the Lord your God brought you out with his strong hand and powerful arm.” What are we slaves to today? How might God-filled rest free us from that?
PREDICTABLE PATTERNS	Remind each other that the aim of this triplet is to help build simple patterns (one at a time) that are filled with God and continue to pay out in our lives long after the habits have been established. The R - <u>Re-Create</u> pattern is about rest. This week we’re looking at Renewal & Celebration.
HOMEWORK	Try one (or both) of the following practices. RENEWAL - A SABBATH UNTO THE LORD: Silence & Stillness. Find a quiet, distraction-free time and place on the sabbath, journal, walk, nap, whatever restores you, but mark it out as time with just you and the Lord. For many, first thing in the morning is easiest, but do whatever works best for you. If you have children, maybe parents can release each other for some individual quiet time. CELEBRATION - REST SHOULD BE JOYFUL: Make a list of 10-20 activities that bring delight and refreshment to you. Plan to do at least one and no more than three of them during your Sabbath. See a list of ideas adapted from “Practicing the Way” below to get you started.
OPTIONAL HOMEWORK	Watch the other videos CROWN RE-CREATE playlist: https://www.youtube.com/playlist?list=PL3Fqf6JxAZEubTDawRNiNG0FnNVmVtApJ
RESOURCES	

<p>BACKGROUND NOTES</p>	<p>HOW THE “RE-CREATE” PATTERN FITS INTO THE WIDER TRIPLET MATERIAL</p> <p>Our regular Triplets ask each other: Have you had a good balance of work and rest? (R: Recreate)*</p> <p>We work from a place of rest. Rest is a gift to us, life-giving and commanded (Ex 20:8). We refuse to run at the pace of the World!</p> <p>Amongst the week’s busyness, were we able to include times of: Stopping - choosing not to work, to have times when gadgets / phones / etc are switched off. Truly Resting - a sense of switching off and restoration for body, soul, Spirit, etc. Renewal - meeting with God, without agenda, in His word and worship and prayer. Celebration - having fun and joy with those that we love.</p> <p>It may help to consider which aspect of Rest needs attention first. Is it Stopping, Resting, Renewal or Celebration? Then keep each other accountable to form it into a consistent and life-giving pattern.</p>
<p>IDEAS FOR JOY</p>	<p>Adapted from Practicing the Way “The Sabbath Practice” page 29:</p> <ol style="list-style-type: none"> 1. Make pancakes. 2. Open a good bottle of wine. 3. Play music. 4. Get coffee with a good friend. 5. Make love to your spouse. 6. Take a walk. 7. Nap. 8. Eat delicious food. 9. Do your nails or favourite self-care activity. 10. Take exercise, run / swim etc. 11. Be in nature. 12. Watch the sun rise or set. 13. Do something creative e.g. journalling / colouring / knitting etc. 14. Make a fire. 15. Read fiction or poetry. 16. Sing. 17. Go to an art museum. 18. Go on a picnic in a beautiful park. 19. Play a game. 20. Call a friend or family member who lives far away.