



The **CROWN** Rhythm

DISCIPLESHIP TRIPLETS - NURTURE MATERIAL - WK8

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 Stopping and Resting.
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: - 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) Each member shares how they got on with starting a conversation, last week’s challenge.... Celebrate signs of God at work. Encourage progress made, and keep each other accountable where things feel stuck or sticky.
INTRODUCTION	Watch this short video: https://www.youtube.com/watch?v=DuT7WeDap48&list=PL3Fqf6JxAZEubTDawRNiNG0FnNVmVtApJ&t=1s
BIBLE	Follow the Read & Reflect sections of the Discovery Bible Method to look at Matthew 11:25-30, Get one person to read the NIV Translation and another the Message paraphrase: https://www.biblegateway.com/passage/?search=Matthew+11:25-30&version=NIV / https://www.biblegateway.com/passage/?search=Matthew+11:25-30&version=MSG
RESPONSE	Ask - On a continuum of Fully Rested to Always Restless, where would you place yourself You can go deeper by asking yourself the question that strikes you most: What steals my peace and rest? What fears keep me busy? Do I have good boundaries that set apart and protect space for rest and God to renew me?
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 Stopping & Resting.
HOMEWORK	Try one (or both) of the following practices. STOPPING - MARKING OUT REST: Commit to a time, if a full 24 hours is too much at first try a morning, or afternoon, if that’s too much, mark out a couple of hours. Enter rest by committing your concerns / commitments / stresses to God. It may help to write them down and symbolically leave them beside a cross, or lit candle. RESTING - TAKE A SCREEN FAST: Turn off your gadgets, hide phones / tablets / remotes put them away in a box or drawer. Do something positive instead, read, chat, go for a walk in nature / exercise / do something creative / play / have a nap!
OPTIONAL HOMEWORK	Watch the other videos CROWN RE-CREATE playlist: https://www.youtube.com/playlist?list=PL3Fqf6JxAZEubTDawRNiNG0FnNVmVtApJ
RESOURCES	

**BACKGROUND
NOTES**

HOW THE “RE-CREATE” PATTERN FITS INTO THE WIDER TRIPLET MATERIAL

Our regular Triplets ask each other:

Have you had a good balance of work and rest? (R: Recreate)*

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!

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.

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.