**Following Jesus**

**Rest**

Rest is commonly one of the most challenging parts of the Rhythm of Life, particularly with the many distractions of modern culture. Patterns of rest trace right back to the beginning of Genesis, where on the seventh day of creation, God rested from all the work he had done. Rest allows re-creation and restoration. A pattern of rest is essential for good physical, mental and spiritual wellbeing. Rest is something we enjoy in a healthy and regular pattern, intentionally making space for the people we love and who love us, and for things that bring us joy.

**What do we do already**?

Churches, households and individuals will all have varied patterns of rest. There may be a good culture of keeping time to be with others, or a commitment to not checking emails when on days off or holiday.

It might be that there are patterns of weekly games nights, either in a household or with friends in the community. There may be a good practice of listening to what brings joy to others, and sharing what that is for you. It might be that our church organises day trips out or walks to enjoy time together.

**What could be?**

How might we as a church care for everyone, encouraging regular patterns of rest and recreation? Are there individuals whose burdens could be eased by finding ways of sharing workloads?

Can we create opportunities for people to regularly review their work, ministry and life balance, to make time for rest and enjoyment?

Having fun together and doing things that bring us joy is a central part of patterns of rest - are there opportunities we could create as a church for these to happen?