

IDEAS FOR EVERYDAY RHYTHMS

BLESS & WORK/REST

BLESS

We intentionally bless others through words, gifts, or actions. The resources (time, money, possessions, personalities, skills) God has given us are no longer viewed as ours, but as gifts for us to steward.

1. **Bless with your gifts** - Can you bake? Give your neighbors cookies. Can you paint? Find a creative way to give away your art. Can you decorate? Help someone decorate their house who can't. Can you do yard work? Find out who needs help mowing and mow their yards. You get the idea. Understand what gifts God has given you, listen to the needs of those around you (family, church community, neighbor/co-worker), respond to the needs that come up by using the gifts you have to bless. God gave you those gifts so that you could use them to bless others and give him the credit.
2. **Bless with your words** - How often do you encourage those around you about the evidences of God's grace at work in their life? It might be big or small but encourage it, affirm it. Point it out, identify it and remind them that God is at work! We often voice our criticisms, only to silence our compliments. How encouraging are the words a brother or sister in Christ who take notice of the Father's work in our lives.
3. **Bless with your resources** - Do you have extra space in your house? Instead of having a 3rd room just for you, why not bless someone in your church family that needs a place to stay. Do you have extra money in your savings account? Ask the Spirit who you get to bless with it and give it away. Pay off the debt of people in your church family, give your neighbor your extra ticket to the game, enable the single mom to quit her second job and be home more. It is really pretty simple. Recognize that all you have is God's, and true joy is found in prayerfully giving it away as Jesus leads.

5 Practical Ideas for Bless

1. Bake cookies and pass them out to your neighbors with a note that lets them know you are praying for them. Let them know if there is anything they need you are willing to help.
2. Start a lawn mowing group of guys that spends one Saturday a month mowing yards of people who need the help (widows, disabled, elderly, single moms, people without a mower) in your MC's neighborhood.
3. Create a gift basket with goodies in it for people whose work typically goes unnoticed around you (trash men, janitors, food service people, mechanic, etc.). Let them know you're thankful for them and you appreciate what they do.
4. Offer to keep the kids of another couple in your community once a month so that they can go out for a date night.
5. Leave a couple favorite grocery items of someone else in your MC's on their front porch. Don't tell them it's from you just say it's from the MC family.

Consider - Genesis 12:1-3, Ephesians 1:22-23, 2:8-10, 1 Peter 2:12

WORK/REST

We regularly take time to rest our minds and bodies. We do this through Christ-centered recreation, relaxation, and restoration. We also work as those working for Christ. Work no longer defines us, but it displays Christ.

1. **Regular Rest** - We are not God. The sabbath stands as a reminder that we need rest and that God is the creator and sustainer of all. We need to be recharged, to be refilled. This comes from our communion with God. We can rest because he is the great one who holds all things together, even us. This means we need to set regular rhythms in our life that cause us to stop and rest. Constant busyness might come across as an admirable quality in our culture, but underneath the surface lies an inability to recognize that you are a dependent creation, not a powerful creator. So schedule rest. Find time daily, weekly, monthly and yearly. Figure out what activities point you to the greatness of Christ and refill your tank .
2. **Grace Motivated, God Displaying Work** - We are a people who rest well but also work hard. Out of our rest in Christ we find deep Christ-centered motivation to work as if working for Christ. Our work however is not a way to obtain something we do not have, but an outlet to express the glory of our great God. We use the talents and abilities God has given us in a way that brings honor to Jesus. This means we work with creativity, character, and contentment. Creativity means working with the freedom to risk and put our best out there even if could come up short. Character means we recognize Jesus as Lord in all spheres of life, not simply working when the boss is nearby. Contentment means we can have joy that goes beyond the circumstances of our work situation, joy that is rooted firmly in Jesus. All of this is so that no matter where God has put us to work, we display him in that job.
3. **Enjoying Creation** - God's creation is amazing. Mountains, rivers, oceans, stars, animals, canyons and countless other wonders. There is food, cities, sports, arts, and countless other ways that people have cultivated creation. When our hearts are properly oriented toward God as God, we can enjoy his good creation without making it an idol. We can go backpacking, BBQ touring, sky diving, mountain climbing, and on and on. We can enjoy sports, arts, and the people God has given us to share those things with. We can do these things and have them point us to the gracious and good creator who has poured out grace upon grace to his creation. We don't demand them, but when we get to experience the good things in creation we can be thankful! So enjoy creation and give praise to the creator.

5 Practical Ideas for Work/Rest

1. Identify your favorite hobbies and prayerfully consider how you can both invite people from your church family into those while also engaging not yet believers (Rec center basketball, book club,
2. Start a regular park day twice a month. Send out invites to anyone that wants to come and be there at the same time every couple of weeks.
3. Read Tim Keller's book on work - [Every Good Endeavor](#)
4. Create a space for people in your part of the city to express their creative talents. This could be a art group, music group, crafts group, poetry group or really whatever the people in your area are doing to express themselves creatively.
5. Take a look at your schedule and the way you are spending your time. Make sure that you have a solid rhythm of work and rest. Share your schedule with your missional community and seek wise council on how you can get your schedule in a good rhythm.

Consider - Genesis 1-2, Deuteronomy 5:12, Mark 2:23-28, Hebrews 4, Colossians 3:27