



A FAMILY GUIDE TO BUILDING RHYTHMS OF REST

Learning how to build rest into our daily rhythms often requires us to be more intentional about implementing some specific practices and disciplines into our daily lives. Although these practices and disciplines are no “magic pill” that will undo years of learned “addiction to being busy” overnight, committing to a more sustainable cadence of rest will, over time, help us to build the new daily rhythms we desire and so desperately need.

A Family Guide to Building Rest is designed to provide you with some practical steps to take over the course of four weeks to begin building habits and laying a foundation for developing a healthier pace that can help you to live in the way rest that God intends for you to live. Please note that this resource is titled ***A Family Guide to Building Rest***, not ***A Parent-Only Guide to Building Rest***. This is as important as it is intentional. Our desire is for this guide to encourage **both** you and your entire family to begin implementing these practices and disciplines into your daily lives. As a parent, your example of intentionally choosing rest over an addiction to being busy will help your teenager(s) to rethink and reconsider the prioritization of slowing down, resting, and connecting with the Lord on a regular basis. With that in mind, tweak these habits and practices to fit your family context, and feel free to simplify steps or only use those your teenager(s) can do along with you. Make sure to set aside a few minutes at the end of each week to talk together about what you learned through these exercises.



WEEK 1

Make space on your calendar for five of the seven days. On those days, pick one of these things to do:

- Set aside 15 minutes to read Psalm 46:1-11. Reflect on what God wants to say to you through this Scripture.
- Find a quiet spot to sit and listen to one worship song of your choosing. Resist the temptation to do anything else during those songs.
- Make a list of some things you want to pray for when it comes to your family. Spend 10 minutes praying for these items and anything else that comes to mind.
- Take 10 minutes to journal about what has been going on in your life this week. Ask God to show you what He wants to teach you through your current circumstances.
- Take a 15-minute walk outside without a device. Use that undistracted time to thank God for the things He has made and provided for you.



WEEK 2

Make space on your calendar for five of the seven days. On those days, pick one of these things to do:

- Set aside 15 minutes to read John 10:1-19. Reflect on what God wants to say to you through this Scripture.
- Find a quiet spot to sit and listen to two worship songs of your choosing. Resist the temptation to do anything else during those songs.

- Make a list of five people to pray for and the things you want to put before God. Spend 10 minutes praying for them and anything else that comes to mind.
- Take 15 minutes to journal about what has been going on in your life this week. Ask God to show you what He wants to teach you through your current circumstances.
- Take a 15-minute walk outside without a device. Use that undistracted time to thank God for the things He has made and provided for you.

WEEK 3



Make space on your calendar for five of the seven days. On those days, pick one of these things to do:

- Set aside 15 minutes to read Philippians 4:4-8. Reflect on what God wants to say to you through this Scripture.
- Find a quiet spot to sit and listen to three worship songs of your choosing. Resist the temptation to do anything else during those songs.
- Make a list of five some things you need to pray for when it comes to you. Spend 10 minutes praying for God to move in you and anything else that comes to mind.
- Take 20 minutes to journal about what has been going on in your life this week. Ask God to show you what He wants to teach you through your current circumstances.
- Take a 30-minute walk outside without a device. Use that undistracted time to thank God for the things He has made and provided for you.

WEEK 4



Make space on your calendar for five of the seven days. On those days, pick one of these things to do.

- Set aside 15 minutes to read 1 John 1:5-10. Reflect on what God wants to say to you through this Scripture.
- Find a quiet spot to sit and listen to four worship songs of your choosing. Resist the temptation to do anything else during those songs.
- Make a list of some things you want to pray for when it comes to your family. Spend 10 minutes praying for these items and anything else that comes to mind.
- Take 20 minutes to journal about what has been going on in your life this week. Ask God to show you what He wants to teach you through your current circumstances.
- Take a 30-minute walk outside without a device. Use that undistracted time to thank God for the things He has made and provided for you.