



Growing through times of change

Week 2 Reflection



St Paul's
LUTHERAN CHURCH BOX HILL

Matthew 11:28-30

"Are you tired? Worn out? Burned out on religion?

Come to me. Get away with me and you'll recover your life.

I'll show you how to take a real rest. Walk with me and work with me—watch how I do it.

Learn the unforced rhythms of grace. I won't lay anything heavy or ill-fitting on you.

Keep company with me and you'll learn to live freely and lightly." (*The Message*)

- Do I have anything weighing on me now?
What stops me from handing these burdens to Jesus?
- Picture in your mind keeping company with Jesus.
What does it feel like to live freely and lightly?

Humble and gentle God,

When our burdens are heavy you promise to give us rest.

Give us rest in your presence so that we can learn your unforced rhythms of grace.

Amen.

Breath Prayer

(*inhale*) Humble and gentle God

(*exhale*) you are rest for my soul

"Finding our own rhythm is the joyous expression of the way God has uniquely made us"

– Charles Ringma

Resilience is the capacity to bounce back from challenges and demands.

Our autonomic nervous system is our body's natural way of balancing the demands we experience with the need for rest and recovery.

Stress is our natural response to meeting these demands but this depletes our system and we need an equal and opposite amount of rest and recovery in order to restore balance. In order to restore our capacity for rest and recovery we have to learn to start paying attention.

We have to start listening to and noticing our rhythms of recovery.

Our rhythms of recovery are personal and unique. Our own bodies are inviting us to turn our attention inward and tap into what allows our system to pause, rest, recover and re-energise.

Ask yourself: What enables me to relax – just a little? What creates a sense of ease? What helps me to come back to myself?

What helps my body, my mind, my emotions and my soul to settle and quieten?

Notice your breath. Slow down and look at things from a different perspective.

Allow the light to catch them in a different way. Open your senses to what surrounds you.

Seek out those things that bring you a sense of calm.

Practise finding your own rhythm of recovery – that's the foundation of resilience.