

JESUS' INVITATION

Mt 11:28-30 (Msg)

"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."

Mt 11:28-30 (NRSV)

'Come to me, all you that are weary and are carrying heavy burdens, and I will give you rest. Take my yoke upon you and learn from me; for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light.'

What are the things that stand out to you from Jesus' invitation?
Underline, journal & reflect on words or phrases that stand out.

What might Jesus be saying to you?

Thinking about the heart that you desire for 2023, what might be some unforced rhythms of grace that will cultivate attentiveness to the Lord's presence this year?

Unforced rhythms of grace are spiritual practices that are lifegiving and freely chosen. Having a rhythm means they are built into our lives as something that we are committed to practicing regularly.

Unforced rhythms of grace might include meditating on God's word, engaging our heart in worship, prayer, journalling, ancient practices of examen or lectio divina, practicing Sabbath (ceasing from work and enjoying time with God and with people we love), fasting, confession, gratitude etc. They foster our relationship with God, they help us to recentre in Him, they lead to peace and joy and provide a path to spiritual transformation and maturity.

As we grow and learn more about ourselves and as we adapt to changing circumstances in our lives, it is important to reassess our rhythms from time to time. What are the spiritual practices that I regularly do? Are new practices needed to grow deeper in Christ? Were there practices suggested in the spiritual formation plan coming out of your enneagram results that you would like to try?

Thinking about your daily schedule, what spiritual practices (unforced rhythms of grace) might you commit to each day?

Thinking about your weekly schedule, are there practices that you would like to build in weekly?

Thinking across your year, are there season practices you might like to build in?

MY DESIRE FOR 2023

Draw or describe how you desire your heart to be at the end of 2023

Express your desires and intentions to God....

Listen for anything he might say....

Seek his help...

Who could you share this with who will encourage you and keep you accountable?