

Rhythm...

in life

“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 will learn to live freely and lightly.”

Mathew 11:28-30 The Message

This is one of the most beautiful verses in scripture! Yes, yes, yes that’s what I’m looking for! Yet sadly for many people that is not their experience of life and faith. The preceding verses describe a major disconnect between life and faith. People had seen firsthand the miraculous grace and love of God and yet it made absolutely no difference in their lives at all. How can that be?

The Promise

Learn the unforced rhythms of grace.

Learn to live life freely and lightly.

“I came that they may have life in all abundance.” John 10:10

What do you think abundant life is?

What would your life look like if you were living in the unforced rhythms of grace – lightly and freely?

The Problem

What is getting in the way of living an abundant life?

“I came that they may have life in all abundance.” John 10:10

Freedom from the thief, guilt, oppression, poverty, shame and religion.

See also Luke 4:18-19.

When does religion get in the way of living an abundant life? See Matthew 23.

Sync

What happens if your life is lived out of “sync”?

Work / Life

Body / Soul

Doing / Being

Beliefs / Actions

When you are out of sync, life no longer works

Life can only be lived in your body

Is your body in “sync” with your life and faith?

The Person

In sync with God

“Come to me”

In sync with the source

