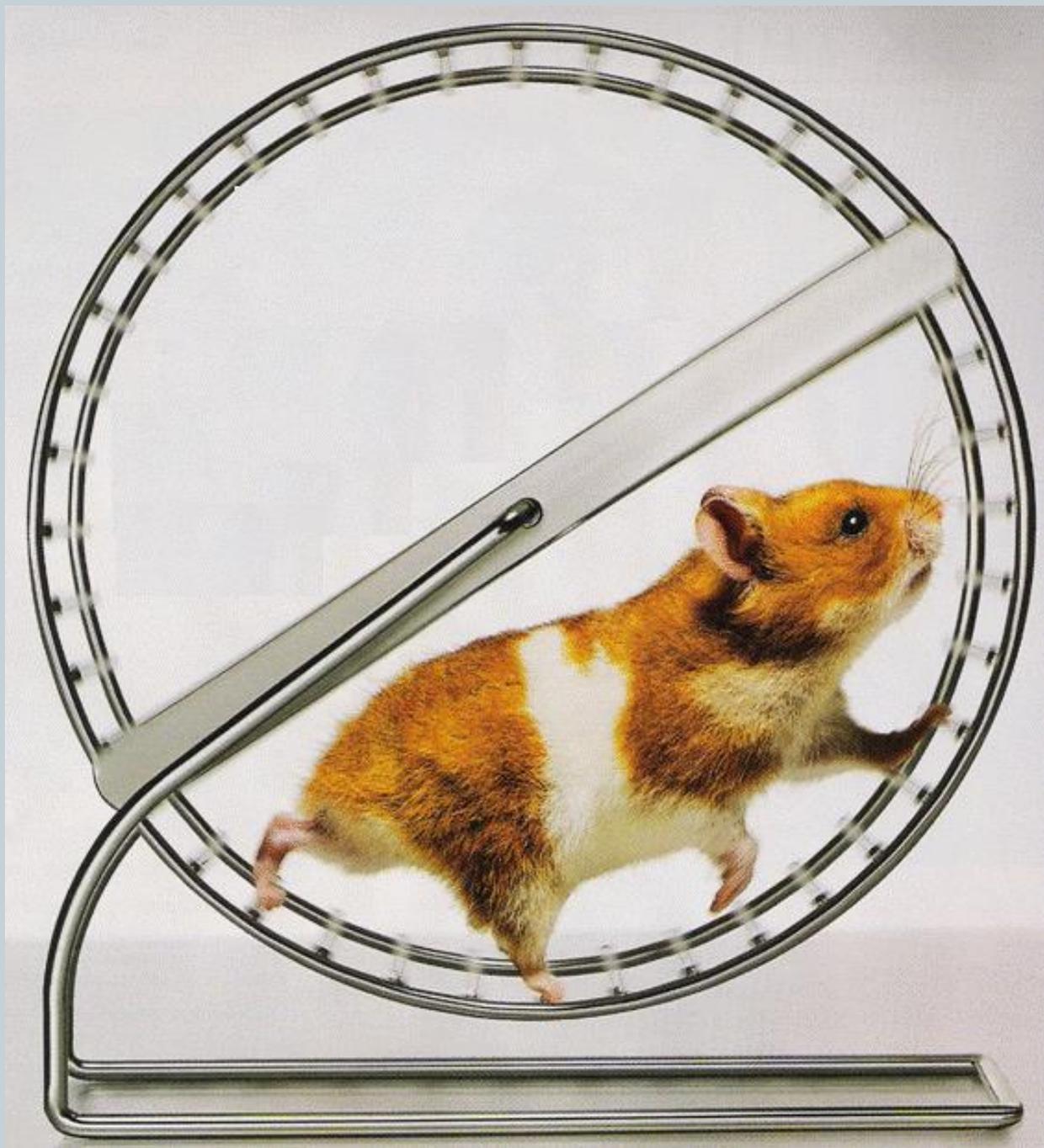


“Developing Sacred Rhythms”



I KINGS 19



Sacred Rhythms with Jesus



“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.”

Matthew 11:28-30 (The Message)

Life is full of rhythms...



7 Sacred Rhythms



- **Solitude**
- **Honoring the Body (Rest, Exercise, Food)**
- **Scripture and Prayer**
- **Sabbath**
- **Community (family/church/friends)**
- **Serving**
- **Bookending your Day**

I Kings 19:9 But the LORD said to him, “What are you doing here, Elijah?”

¹⁰ Elijah replied, “I have zealously served the LORD God Almighty. But the people of Israel have broken their covenant with you, torn down your altars, and killed every one of your prophets. I am the only one left, and now they are trying to kill me, too.”

¹¹ “Go out and stand before me on the mountain,” the LORD told him. And as Elijah stood there, the LORD passed by, and a mighty windstorm hit the mountain. It was such a terrible blast that the rocks were torn loose, but the LORD was not in the wind. After the wind there was an earthquake, but the LORD was not in the earthquake. ¹² And after the earthquake there was a fire, but the LORD was not in the fire. And after the fire there was the sound of a gentle whisper. ¹³ When Elijah heard it, he wrapped his face in his cloak and went out and stood at the entrance of the cave

And a voice said, “What are you doing here, Elijah?”

¹⁴ He replied again, “I have zealously served the LORD God Almighty. But the people of Israel have broken their covenant with you, torn down your altars, and killed every one of your prophets. I am the only one left, and now they are trying to kill me, too.”

¹⁵ Then the LORD told him, “Go back the same way you came, and travel to the wilderness of Damascus. When you arrive there, anoint Hazael to be king of Aram. ¹⁶ Then anoint Jehu grandson of Nimshi to be king of Israel, and anoint Elisha son of Shaphat from the town of Abel-meholah to replace you as my prophet. ¹⁷ Anyone who escapes from Hazael will be killed by Jehu, and those who escape Jehu will be killed by Elisha! ¹⁸ Yet I will preserve 7,000 others in Israel who have never bowed down to Baal or kissed him!”

Ruth Haley Barton



“I am noticing that the more I fill my life with the convenience of technology, the emptier I become in the places of my deepest longing. I long for the beauty and substance of being in the presence of those I love, even though it is less convenient. I long for spacious, thoughtful conversation even though it is less efficient. I long to be connected with my authentic self, even though it means being inaccessible to others at times. I long to be one who waits and listens deeply for the still, small voice of God, even if it means I must unplug from technology in order to become quiet enough to hear.”

Quieting the mind in solitude...listening to God

