



1

# A YEARNING FOR MORE

6-WEEK SPIRITUAL PRACTICES SERIES





2

S E R V I C E &  
S I M P L I C I T Y

6-WEEK SPIRITUAL PRACTICES SERIES





3

**MEDITATION  
& STUDY**

6-WEEK SPIRITUAL PRACTICES SERIES





4

PRAYER &  
FASTING

6-WEEK SPIRITUAL PRACTICES SERIES





5

SABBATH &  
SLOWING

6-WEEK SPIRITUAL PRACTICES SERIES



RHYTHMS OF A WELL-FOUGHT LIFE

# REST & WAR.



BEN STUART



"...As I survey the cultural landscape of our world today, the shifting atmosphere of society has had a profound impact on our vibrancy and the way we interact with God, each other, and even ourselves. Because these changes are simply in the atmosphere, we can't always see them, but we feel them and recent data backs this up.

*Rest and War by Ben Stuart*

There's something about modern life that does not promote human flourishing. Anxiety and depression, particularly among young people in the United States, have been consistently on the rise since 2008... During August 2020 through February 2021, the percentage of adults with recent symptoms of an anxiety or depressive disorder increased from 36.4% to 41.5%. Increases were largest among adults aged 18 to 29 years. The increased political and philosophical polarisation in our society incites fear, uncertainty, and anger.

*Rest and War by Ben Stuart*



The constant comparison of our lives with other's pristine presentations on social media fills many with discouragement, and the irresistible lure of our screens means we're constantly soaking our minds in this polarisation and comparison, which feeds our stress and despair.

*Rest and War by Ben Stuart*

In the atmosphere of anxiety, the traditional buffers from stress have been removed. One professor of psychology at San Diego State University reported that from 2000 to 2015, the number of high school students who got together daily with their friends dropped by 40%.

Cigna Global Health Services Company reported that loneliness has reached epidemic proportions in the United States, as people of all ages and backgrounds struggle to find a sense of belonging. Among their findings, only half of Americans say they have meaningful in-person interactions on a daily basis.

*Rest and War by Ben Stuart*

In the atmosphere of relentless restlessness and shallow social connections, addiction has risen to new heights. Alcohol, drugs, pornography and incessant scrolling on our screens have all become habits to distract us from stress. However, rather than alleviating our problems, they've created more problems and have only increased the anxiety and isolation we've attempted to escape.

When you think about all of that, it's hardly surprising that in 2019, Gallup recorded the lowest levels of happiness in the United States in their 70 plus years of researching well-being.

*Rest and War by Ben Stuart*

In the atmosphere of relentless restlessness and shallow social connections, addiction has risen to new heights. Alcohol, drugs, pornography and incessant scrolling on our screens have all become habits to distract us from stress. However, rather than alleviating our problems, they've created more problems and have only increased the anxiety and isolation we've attempted to escape.

*Rest and War by Ben Stuart*

When you think about all of that, it's hardly surprising that in 2019, Gallup recorded the lowest levels of happiness in the United States in their 70 plus years of researching well-being.

We aren't looking so good. In the relatively safest time for human beings to exist on the planet, we find ourselves disoriented and disturbed.”

*Rest and War by Ben Stuart*

# Genesis 2:2-3

"<sup>2</sup> By the seventh day God had finished the work he had been doing; so on the seventh day he rested from all his work. <sup>3</sup> Then God blessed the seventh day and made it holy, because on it he rested from all the work of creating that he had done."

# Luke 5:15-16

“<sup>15</sup> Yet the news about him spread all the more, so that crowds of people came to hear him and to be healed of their sicknesses. <sup>16</sup> But Jesus often withdrew to lonely places and prayed.”

**SABBATH**



# Exodus 20:8-11

<sup>8</sup> "Remember the Sabbath day by keeping it holy (set apart). <sup>9</sup> Six days you shall labor and do all your work, <sup>10</sup> but the seventh day is a sabbath to the Lord your God. On it you shall not do any work, neither you, nor your son or daughter, nor your male or female servant, nor your animals, nor any foreigner residing in your towns. <sup>11</sup> For in six days the Lord made the heavens and the earth, the sea, and all that is in them, but he rested on the seventh day. Therefore the Lord blessed the Sabbath day and made it holy."

# Matthew 11:28-30

<sup>28</sup> "Come to me, all you who are weary and burdened, and I will give you rest. <sup>29</sup> 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. <sup>30</sup> For my yoke is easy and my burden is light."

**SLOWING**

“Slowing is cultivating patience, by deliberately choosing to place ourselves in positions where we simply have to wait.”

# Psalm 46:10

“Be still and I know that I am God.”







**SILENCE &  
SOLITUDE**



**“In solitude, we step free from human relationships & work for a period of time.**

**Solitude breaks the power of hurry and busyness.”**

# Mark 1:35-38

<sup>35</sup> "Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where he prayed. <sup>36</sup> Simon and his companions went to look for him, <sup>37</sup> and when they found him, they exclaimed: "Everyone is looking for you!"

<sup>38</sup> Jesus replied, "Let us go somewhere else—to the nearby villages—so I can preach there also. That is why I have come."

# Ecclesiastes 3:7

“There is a time to be silent and a time to speak”

**SILENCE IS PRESENCE,  
NOT AN ABSENCE**

# SILENCE IS PRESENCE, NOT AN ABSENCE

“The best part of the peace and quiet is God. Just to sit here and be with God. No agenda. Nothing to be fought for or prayed over. Just God.”

- John Eldridge

**SOLITUDE & SILENCE  
ALSO FORCES US TO  
LAY DOWN ACHIEVING**

# SOLITUDE & SILENCE ALSO FORCES US TO LAY DOWN ACHIEVING

“(In solitude & silence) we abstain from accomplishing the things that make us feel worthwhile (especially, to do lists), and we rest in the fact that we are of great worth to God, even when we do nothing. We surrender the need to talk, to fill the air with clever thoughts.”

- Jan Johnson





**"It is my conviction that we will never regret time spent alone with God, whether that be a morning, or an evening, a whole day, or a more extended period of time."**

**- A. W. Tozer**