

DISRUPTIVE **JOY** WITH JESUS¹

WEEK #1

PACE

Life with Jesus disrupts ordinary days with joy

REST is the habit that helps self-aware Christ-followers live effectively in a world of relentless productivity and insistent hurry. With revolutionary resistance we set aside a day each week to disrupt the pace of restlessness that plagues our world. Life will not easily spin out of control when we hit the reset button every seven days. Liberated from the obligation of religion, we choose this practice as a way to **be with** Jesus. God's original intent to provide such a rhythmic pause with him fulfills a felt need for true rest in a hectic world. It makes sense to use this time so we can better redeem every minute with Jesus. **REST is a one-day-per-week routine.**

"Restful living is joyful living. Let's see how coming to Jesus for life will affect our pace."

FIND YOUR RESTFUL PLACE WITH JESUS

Pick one day every week (the same day) to disrupt the busy pace of life with restful living.

Jesus wants us to have one day each week to experience what **eternity with him** will be like. This practice helps us **reset and recharge** for each week to give us a mindset that helps us disrupt the draining pace of every other day of the week. When we do this it shows people that we know **how good following Jesus can be**. We choose not to let our lives be controlled by things like anxiety, getting more stuff, and popularity...

...we have everything we need in Jesus!

Here are some of Jesus' words to inspire you...

¹ Adapted from Dave Rahn & Ebonie Davis, *Inviting Teens Into Disruptive Joy with Jesus: A Four Week Curriculum to Launch Gritty Habits* (San Diego: The Youth Cartel, 2020).

'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, MSG)

What you do with this day doesn't matter, as long as it is truly restful. To know what restfulness is, you need to ask yourself, *"When do I feel joy even when life is hard?"* When you can rest in the midst of hard times, you have found your restful place. Ask Jesus to be a part of it. Relationship with Jesus starts with awareness that Jesus is the **ultimate joy-giver** and he transforms **circumstantial joy** in to **durable joy**.

It important to remember that this isn't simply about distracting ourselves from the struggles of life, it is about doing the things that help us trust Jesus in the midst of what is hard.

Here are some things that can lead to restful living with Jesus: hiking in nature, watching a thunderstorm, stargazing, reading a good story, painting a picture, baking cookies and eating them right away, playing an exciting boardgame with friends, riding a bike, skateboarding, playing basketball...the list is endless.

The key for us in the digital age is to **unplug from our devices** for the whole day. We need to get away from the distraction of constant texts, social media, news feeds, and video games. As much as technology is good, it can have too much influence in our lives and it forces us to depend on it for joy, even though it cannot deliver true, sustained joy. A day of restfulness away from it helps us to **reorient ourselves to our true master**: Jesus. His way of living is easy and full of rest for the whole week.

- 1. Figure out which day will be your restful day with Jesus**
- 2. Invite your family and friends to join you.**
- 3. Write down in your adventure journal what day of the week will be your time to reset and what you will do to rest that day (if you don't like to write, then draw it!)***

*If you don't know what day will work for you, try Saturday or Sunday.