

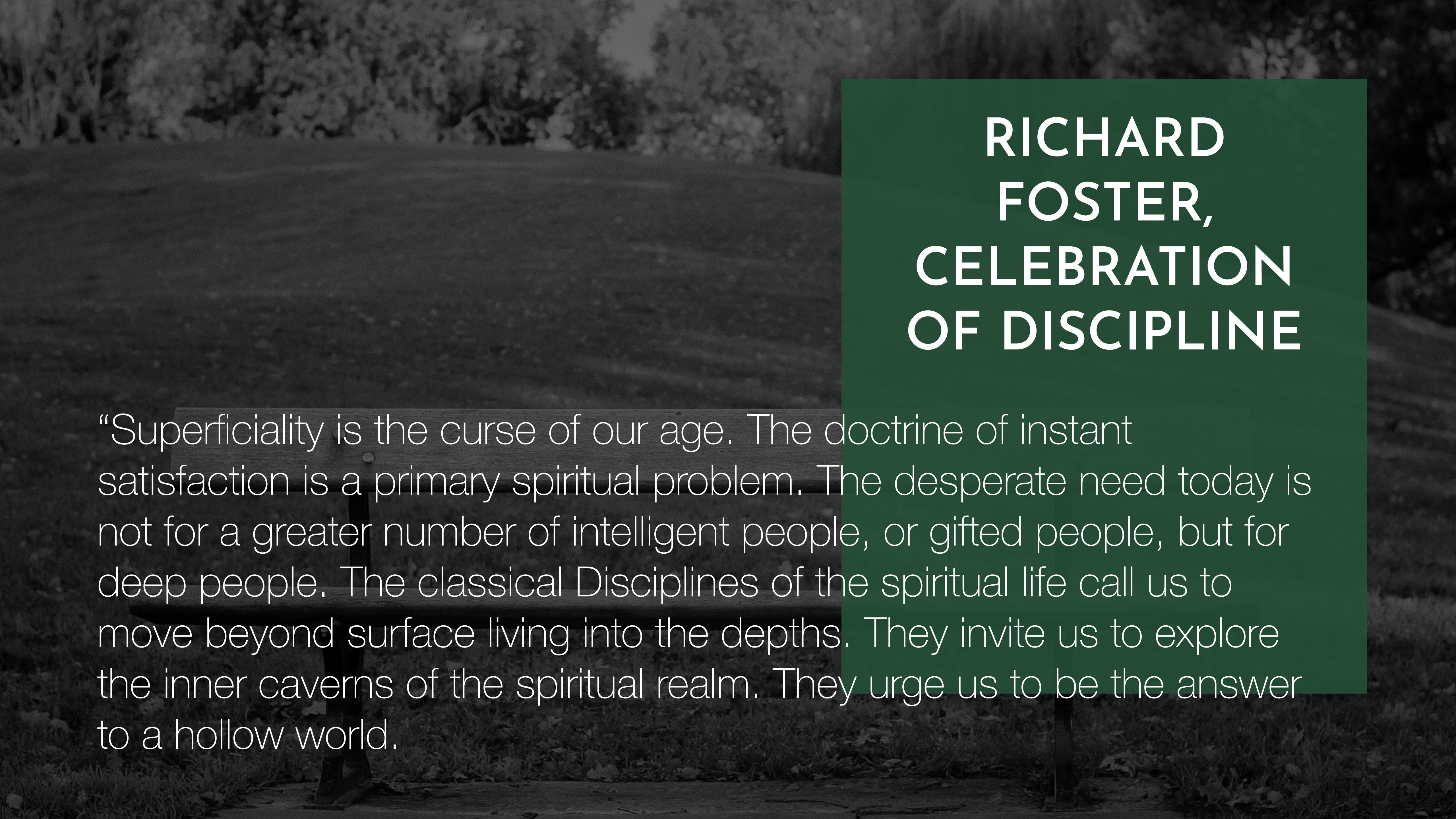
MOSAIC CHURCH

RESTING

01 A Rule of Life

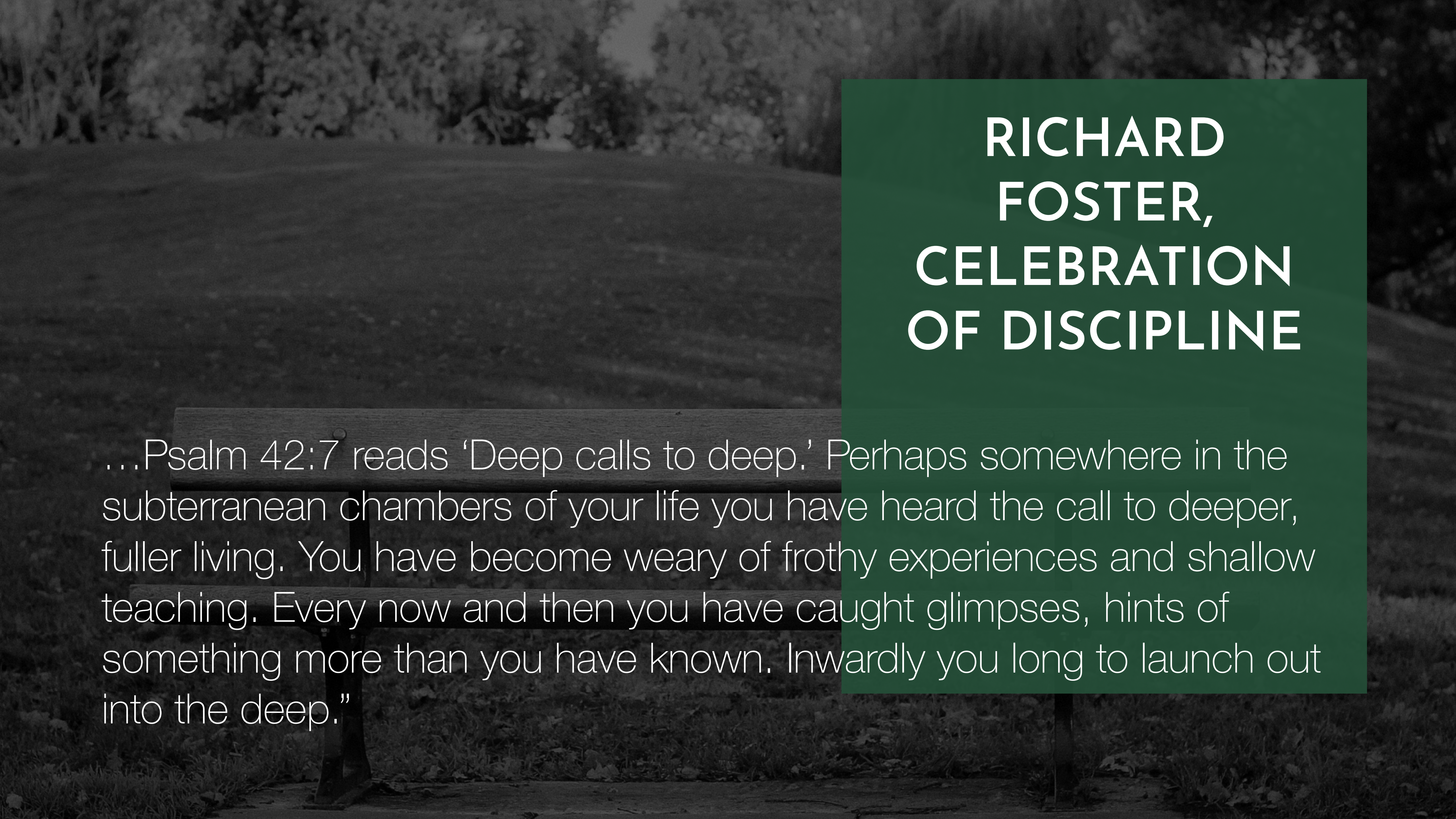
THE WAY OF JESUS





RICHARD FOSTER, CELEBRATION OF DISCIPLINE

“Superficiality is the curse of our age. The doctrine of instant satisfaction is a primary spiritual problem. The desperate need today is not for a greater number of intelligent people, or gifted people, but for deep people. The classical Disciplines of the spiritual life call us to move beyond surface living into the depths. They invite us to explore the inner caverns of the spiritual realm. They urge us to be the answer to a hollow world.



RICHARD FOSTER, CELEBRATION OF DISCIPLINE

...Psalm 42:7 reads 'Deep calls to deep.' Perhaps somewhere in the subterranean chambers of your life you have heard the call to deeper, fuller living. You have become weary of frothy experiences and shallow teaching. Every now and then you have caught glimpses, hints of something more than you have known. Inwardly you long to launch out into the deep."

"Languishing is a sense of stagnation and emptiness. It feels as if you're muddling through your days, looking at your life through a foggy windshield. ...As scientists and physicians work to treat and cure the physical symptoms of long-haul Covid, many people are struggling with the emotional long-haul of the pandemic. It hit some of us unprepared as the intense fear and grief of last year faded. ...In psychology, we think about mental health on a spectrum from depression to flourishing. Flourishing is the peak of well-being: You have a strong sense of meaning, mastery and mattering to others. Depression is the valley of ill-being: You feel despondent, drained and worthless. Languishing is the neglected middle child of mental health. It's the void between depression and flourishing—the absence of well-being."

**ADAM GRANT,
NEW YORK
TIMES**

MATTHEW

11:28-30, MSG

“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.”



**KEN
SHIGEMATSU,
GOD IN MY
EVERYTHING**

“Like a trellis, a rule of life supports and guides our growth. It supports our friendship with Christ so that we bear the fruit of his character and are able to offer his nourishing life to others. The purpose of the rule, in this sense, is not to be harsh or confining. It is to cultivate fruit. It serves as a pattern for life that enables us to experience the presence of Jesus in each moment of our lives, empowering us to become people who embody his love to others.”

LUKE 5:15-16, NIV

The news about him spread all the more, so that crowds of people came to hear him and to be healed of their sicknesses. But Jesus often withdrew to lonely places and prayed.

MARK 6:31-32, NIV

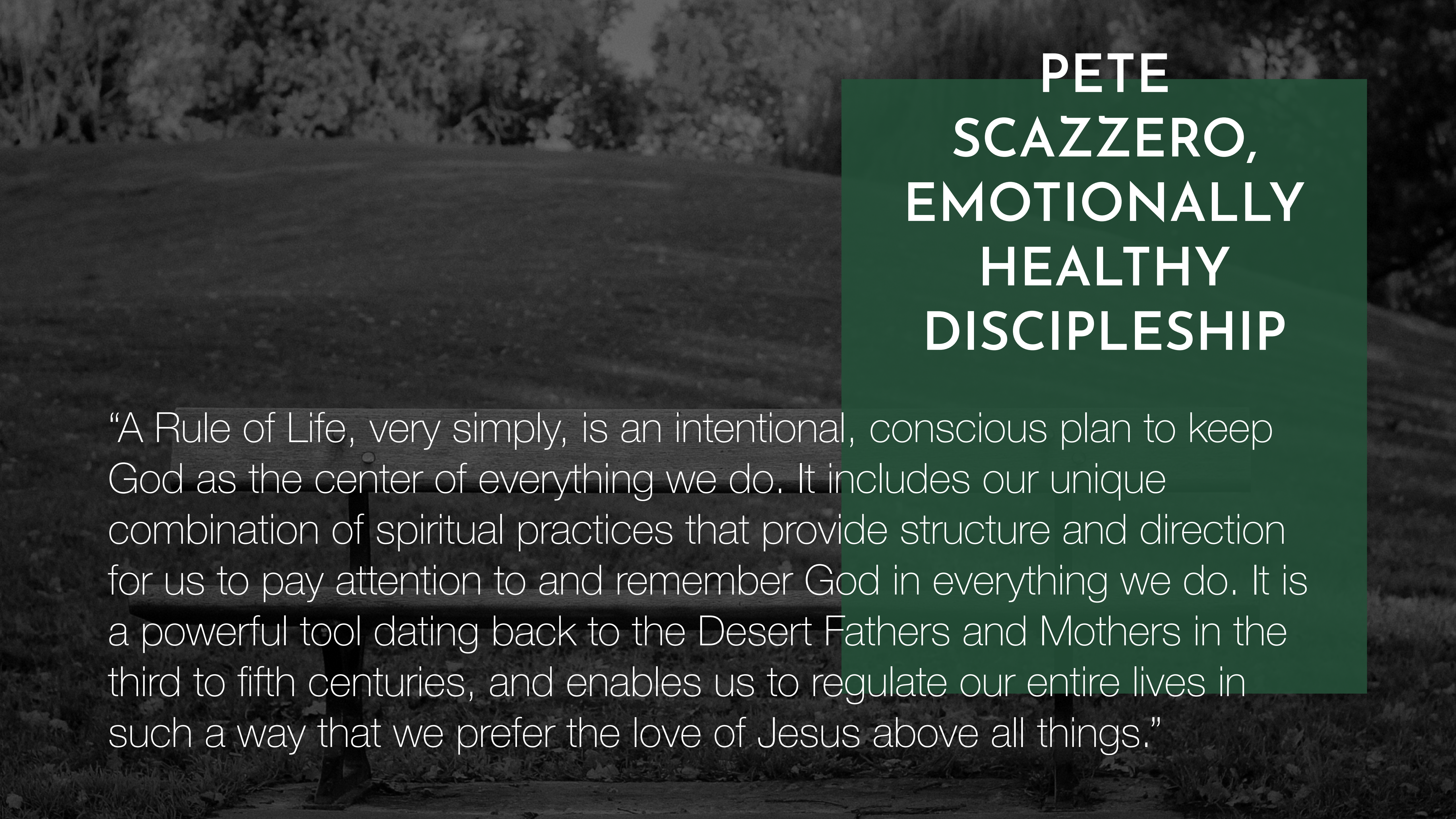
Because so many people were coming and going that they did not even have a chance to eat, he said to them, "Come with me by yourselves to a quiet place and get some rest."

Now Daniel so distinguished himself among the administrators and the satraps by his exceptional qualities that the king planned to set him over the whole kingdom. At this, the administrators and the satraps tried to find grounds for charges against Daniel in his conduct of government affairs, but they were unable to do so. They could find no corruption in him, because he was trustworthy and neither corrupt nor negligent. . . . “The royal administrators, prefects, satraps, advisers and governors have all agreed that the king should issue an edict and enforce the decree that anyone who prays to any god or human being during the next thirty days, except to you, Your Majesty, shall be thrown into the lions’ den.”

DANIEL 6:3-4, 7, 10-12, NIV

DANIEL 6:3-4, 7, 10-12, NIV

...Now when Daniel learned that the decree had been published, he went home to his upstairs room where the windows opened toward Jerusalem. Three times a day he got down on his knees and prayed, giving thanks to his God, just as he had done before. Then these men went as a group and found Daniel praying and asking God for help. So they went to the king and spoke to him about his royal decree....



**PETE
SCAZZERO,
EMOTIONALLY
HEALTHY
DISCIPLESHIP**

“A Rule of Life, very simply, is an intentional, conscious plan to keep God as the center of everything we do. It includes our unique combination of spiritual practices that provide structure and direction for us to pay attention to and remember God in everything we do. It is a powerful tool dating back to the Desert Fathers and Mothers in the third to fifth centuries, and enables us to regulate our entire lives in such a way that we prefer the love of Jesus above all things.”



RULE OF LIFE WORKBOOK

[mosaicmhk.com/
ruleoflife](https://mosaicmhk.com/ruleoflife)



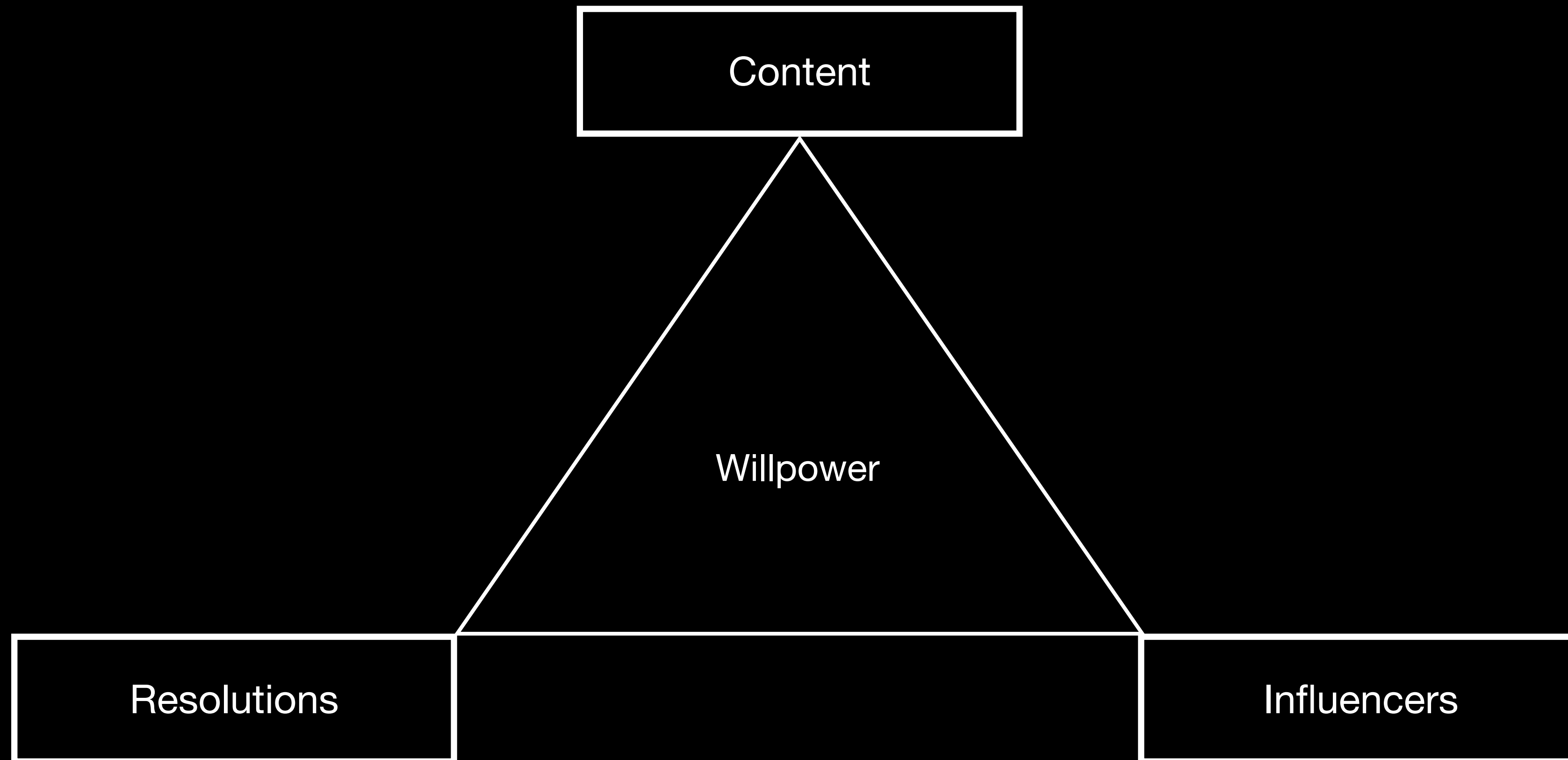
MARKS OF FORMATION

Resting
Praying
Learning
Gathering
Contributing

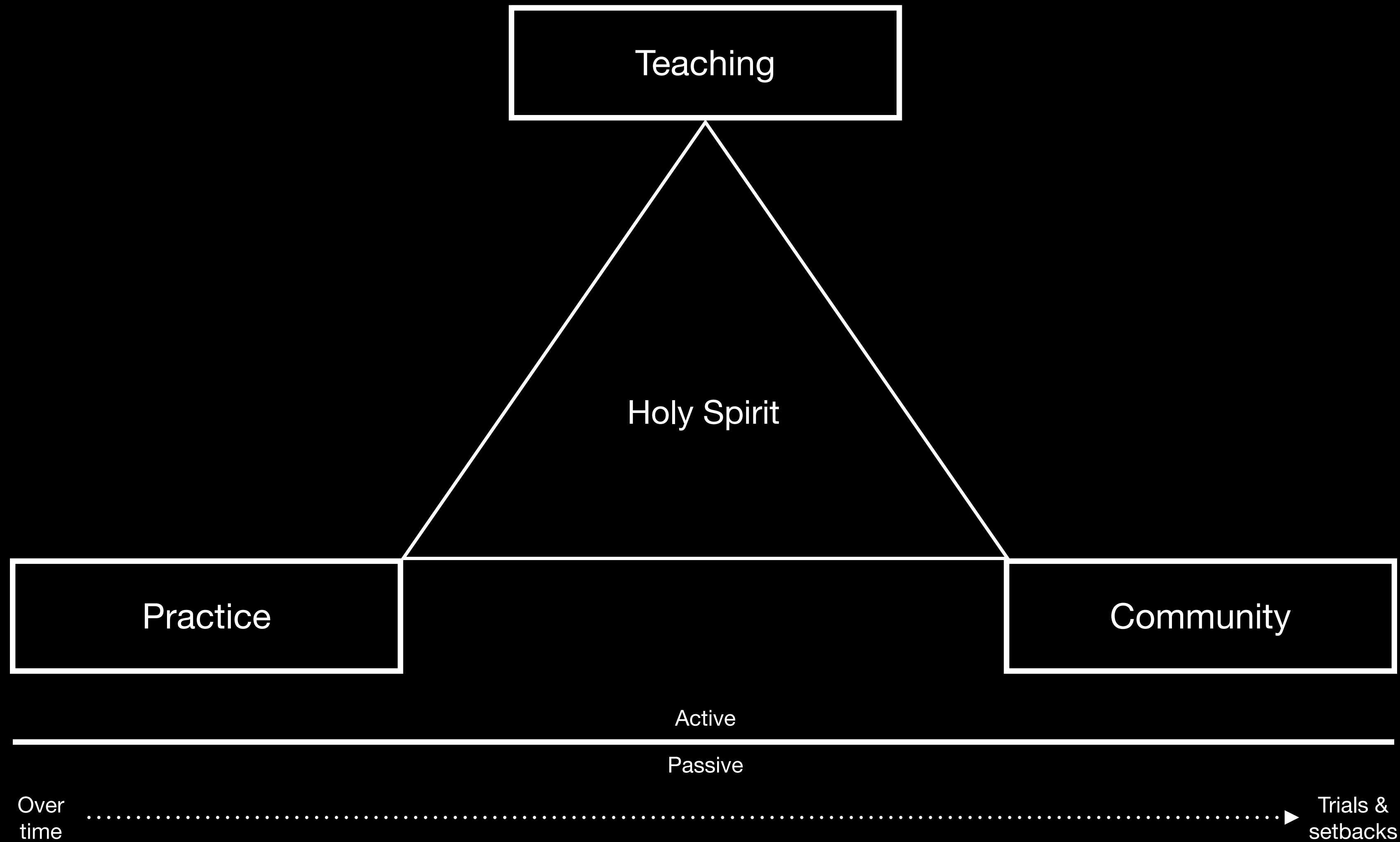
CREATING YOUR RULE

Consider your personality and stage of life
Include upstream and downstream practices
Build in structure and spontaneity
Approach it as a working document

UNINTENTIONAL FORMATION



INTENTIONAL SPIRITUAL FORMATION



“Contrary to the popular assumptions about monks and nuns, Celtic monastics did not withdraw from society to spend time alone, isolated from the world. Instead, they built their monasteries close to settlements, on well-known hilltops, or on islands near established sea-lanes so they could practically demonstrate the hospitality of Christ. The Celtic monasteries were not just places of prayer and worship; they also served as hotels, emergency shelters, hospitals, libraries, universities, centers for the arts, and mission-sending bases. These spiritual pilgrims were not just concerned with their own spiritual growth; they were a force for justice and community transformation.”

**KEN
SHIGEMATSU,
GOD IN MY
EVERYTHING**



PUT THIS INTO PRACTICE

Read through the workbook and consider adopting a Rule of Life

NEXT WEEK

Pastor Sarah Siders will teach us on the practice of sabbath rest

THE LORD'S PRAYER

“Our Father in heaven, hallowed be your name, your kingdom come, your will be done, on earth as it is in heaven. Give us today our daily bread. And forgive us our debts, as we also have forgiven our debtors. And lead us not into temptation, but deliver us from the evil one.”