

MOSAIC CHURCH

# RESTING

THE WAY OF JESUS





# RULE OF LIFE WORKBOOK

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

“A Rule of Life is a set of principles and practices that guide our lives as followers of Jesus. It provides a framework to focus our time, attention, and affection so we align each part of ourselves to be with Jesus, be like Jesus, and do the things Jesus does. This intentionality, over time, helps cause maximum fruitfulness, just as a trellis trains a vine to grow healthy, strong, and produce an abundance of grapes.”



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# RESTING

**04** Cultivating Self-Care

THE WAY OF JESUS





## MARK 12:29-31 NIV

“The most important one,” answered Jesus, “is this: ‘Hear, O Israel: The Lord our God, the Lord is one. Love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength.’ The second is this: ‘Love your neighbor as yourself.’ There is no commandment greater than these.”





## 1 KINGS 19:5-6 NIV

Then he lay down under the bush and fell asleep. All at once an angel touched him and said, “Get up and eat.” He looked around, and there by his head was some bread baked over hot coals, and a jar of water. He ate and drank and then lay down again.



## 1 KINGS 19:7-9 NIV

The angel of the LORD came back a second time and touched him and said, "Get up and eat, for the journey is too much for you." So he got up and ate and drank. Strengthened by that food, he traveled forty days and forty nights until he reached Horeb, the mountain of God. There he went into a cave and spent the night.





# PUT THIS INTO PRACTICE

Beginning: Choose one act of self-care this week and receive it as a gift from yourself.



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Beginning: Choose one act of self-care this week and receive it as a gift from yourself.

Baseline: Discern a specific scary step of faith to cultivate self-care (E.g. get therapy, join a fitness community, draw a boundary, etc.).





# FINDING QUIET

*"A personal,  
vulnerable, and  
instructive guide."*

—DR. JOHN TOWNSEND,  
*New York Times* bestselling  
author of *Boundaries*



MY STORY OF OVERCOMING ANXIETY  
AND THE PRACTICES THAT BROUGHT PEACE

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J. P. MORELAND



## ROMANS 13:8-10 NIV

Let no debt remain outstanding, except the continuing debt to love one another, for whoever loves others has fulfilled the law. The commandments, “You shall not commit adultery,” “You shall not murder,” “You shall not steal,” “You shall not covet,” and whatever other command there may be, are summed up in this one command: “Love your neighbor as yourself.” Love does no harm to a neighbor. Therefore love is the fulfillment of the law.





## GALATIANS 5:13-14 NIV

You, my brothers and sisters, were called to be free. But do not use your freedom to indulge the flesh; rather, serve one another humbly in love. For the entire law is fulfilled in keeping this one command: “Love your neighbor as yourself.”





## JAMES 2:8 NIV

If you really keep the royal law found in Scripture, “Love your neighbor as yourself,” you are doing right.





## EPHESIANS 4:32 NIV

Be kind and compassionate to one another, forgiving each other,  
just as in Christ God forgave you.



## 1 JOHN 4:7-11 NIV

Dear friends, let us love one another, for love comes from God. Everyone who loves has been born of God and knows God. Whoever does not love does not know God, because God is love. This is how God showed his love among us: He sent his one and only Son into the world that we might live through him. This is love: not that we loved God, but that he loved us and sent his Son as an atoning sacrifice for our sins. Dear friends, since God so loved us, we also ought to love one another.





## 1 JOHN 4:19-21 NIV

We love because he first loved us. Whoever claims to love God yet hates a brother or sister is a liar. For whoever does not love their brother and sister, whom they have seen, cannot love God, whom they have not seen. And he has given us this command: Anyone who loves God must also love their brother and sister.



## EPHESIANS 3:16-19 NIV

I pray that out of his glorious riches he may strengthen you with power through his Spirit in your inner being, so that Christ may dwell in your hearts through faith. And I pray that you, being rooted and established in love, may have power, together with all the Lord's holy people, to grasp how wide and long and high and deep is the love of Christ, and to know this love that surpasses knowledge—that you may be filled to the measure of all the fullness of God.



## EPHESIANS 5:25-30 NIV

Husbands, love your wives, just as Christ loved the church and gave himself up for her to make her holy, cleansing her by the washing with water through the word, and to present her to himself as a radiant church, without stain or wrinkle or any other blemish, but holy and blameless. In this same way, husbands ought to love their wives as their own bodies. He who loves his wife loves himself. After all, no one ever hated their own body, but they feed and care for their body, just as Christ does the church—for we are members of his body.



## EPHESIANS 4:15-16 NIV

Instead, speaking the truth in love, we will grow to become in every respect the mature body of him who is the head, that is, Christ. From him the whole body, joined and held together by every supporting ligament, grows and builds itself up in love, as each part does its work.



4

7

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## PSALM 23:1-3 NIV

Cycle 1: (Inhale) The LORD is my shepherd,  
(Hold, then Exhale) I lack nothing.

Cycle 2: (Inhale) He makes me lie down  
(Hold, then Exhale) In green pastures,

Cycle 3: (Inhale) He leads me beside quiet waters,  
(Hold, then Exhale) He refreshes my soul.

Cycle 4: (Inhale) He guides me along the right paths  
(Hold, then Exhale) For his name's sake.



## PUT THIS INTO PRACTICE

**Beginning:** Choose one act of self-care this week and receive it as a gift from yourself. Incorporate breathwork into your experience of God's love for you and your love for others.

**Baseline:** Discern a specific scary step of faith to cultivate self-care (E.g. get therapy, join a fitness community, draw a boundary, etc.).





**NEXT WEEK**

Pastor Dave Geldart will teach us about embracing limits





# 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.”