REFLECTION GUIDE
Traveling the Way of Love: Rest

SCRIPTURE

Matthew 11:28-30
New Revised Standard Version (NRSV)

28 “Come to me, all you that are weary and are carrying heavy burdens, and I will give you rest.
29 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. 30 For my yoke is easy, and my burden is light.”

QUESTIONS FOR REFLECTION

1. Host Chris Sikkema admits that he has always had trouble with resting, often filling his days with as
much productivity and activity as he can. As was stated in the film, we are not alone in our weariness.
On a scale of 1-10, how hard is it for you to practice rest?

2. The Rev. Jimmy Bartz makes the analogy that learning to rest is similar to developing a muscle. He
explains that it takes time and intentional practice, saying, “You can’t drift into the ability to do deep
rest-taking; you paddle your way into it.” Jimmy recommends starting by taking 60 seconds out of
every hour to be intentionally still and silent. Over the course of a month, the resting “muscle” will be
more developed and ready to take on a longer practice. How can you begin to paddle your way into
rest?

3. Creating a sustainable rhythm of rest requires establishing some practical habits. Ideas mentioned
in the episode include scheduling “do nothing” appointments in your calendar and putting a phone
basket in the same place you drop your keys. Which of these – or which other – practical steps can
you take over the next month to support practicing rest?

4. Jimmy mentioned the peace that comes when we “drop down into a quieter place” and become
“grounded in the present,” instead of being wound up and anxious about our to-do lists. He also
talked about finding a physical space that grounds you in daily life, creating a grounding that reflects
the rest we receive from the Eucharist. Take a moment to reflect on how you have experienced that
“dropping down into a quieter place” in your body. What does that feel like? What is your breath
like? Your mind? Now think on the places that help you find this rest – perhaps a campfire, the
beach, a table filled with friends. How can you connect with those places more often, even if you can’t
physically be there?

PRAYER

For Quiet Confidence
O God of peace, who hast taught us that in returning and rest we shall be saved, in quietness and
confidence shall be our strength: By the might of thy Spirit lift us, we pray thee, to thy presence,
where we may be still and know that thou art God; through Jesus Christ our Lord. Amen.

from the Book of Common Prayer, pg 832