



REST AND THE WORK OF MISSIONS: OXYMORON OR THE WAY OF JESUS

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WORKSHOP OVERVIEW

Together we will consider

- ◆ The rest/work rhythm in the life of Christ
- ◆ Challenges for the missionary in living this lifestyle
- ◆ Consequences in not living this lifestyle
- ◆ Practical ways to encourage rhythmic living in the missions



What thoughts do you have about these statements?

- The most important thing a missionary can do is to be extremely tenacious about the care of their own soul.
- The condition of the missionary soul is directly related to rest.

The Rest/Work Rhythm Modeled in the Life of Christ (from the book of Luke)

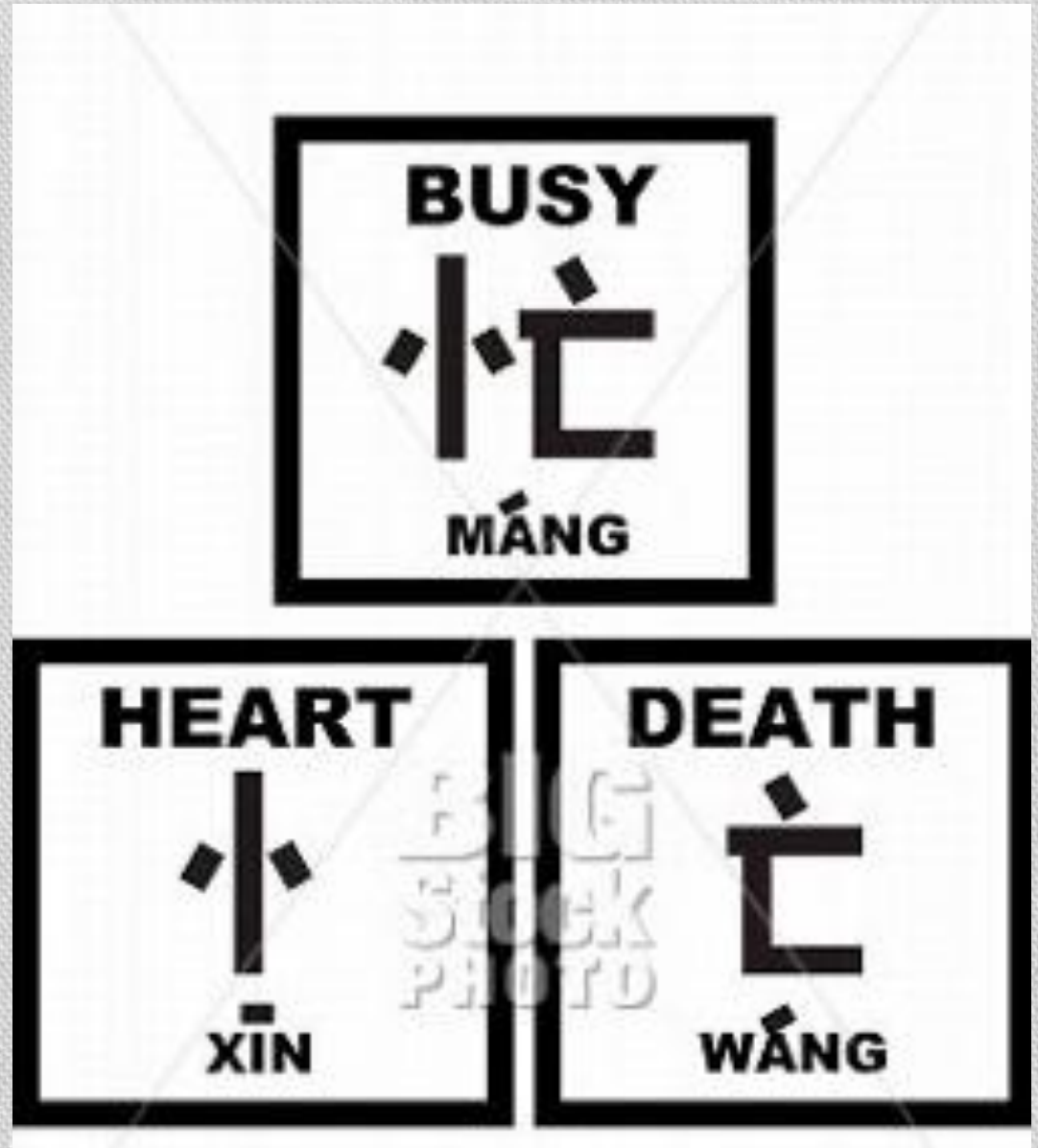
- Luke 4:16 “He went to Nazareth, where he had been brought up, and on the Sabbath day he went into the synagogue, as was his **custom**.”
- Luke 4:42 “At daybreak Jesus went out to a **solitary place...**”
- Luke 5:15 “Yet the news about him spread all the more, so that **crowds** of people came to hear him and to be healed of their sicknesses. But Jesus **often** withdrew to lonely places and prayed.

- Luke 6:12 “One of those days Jesus went out to a mountainside to pray, and spent the night praying to God (**SOLITUDE**)
- Luke 6:13 “When morning came he called his disciples to him... (**COMMUNITY**)
- Luke 6:17 “He went down with them and stood on a level place. A large crowd of his disciples was there and a great number of people ‘from the surrounding area’ who had come to hear him and to be healed.” (**MINISTRY**)

- Luke 9:10 “When the apostles returned, they reported to Jesus what they had done. Then he took them with him and they **withdrew** by themselves to a town called Bethsaida.”
- Luke 21:27 “**Each day** Jesus was teaching at the temple, and **each evening he went out** to spend the night on the hill called the Mount of Olives.”
- Luke 22:39 “Jesus went out **as usual** to the Mount of Olives and his disciples followed him.

The Cost of Busyness

“What good is it
for a man to
gain the whole
world, yet
forfeit his own
soul.” Mark 8:36 NIV



What challenges the rest/work rhythm in the life and ministry of a missionary?



What are potential consequences
of lack of rhythm?



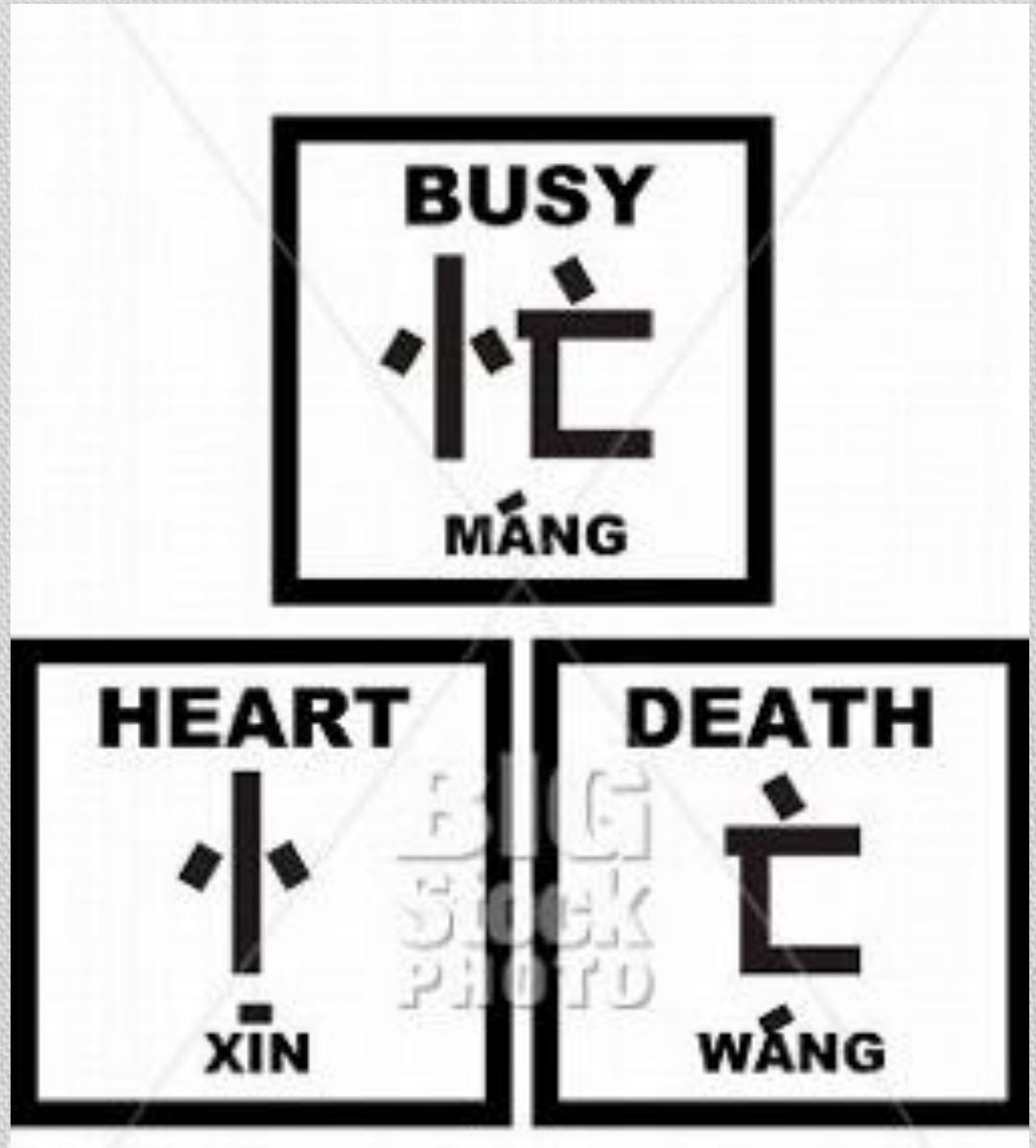
What steps can be taken to encourage rhythmic living?



Heart
Annihilation or
Abundant
Rhythmic Living?

“I have
come that
they may
have life,
and have it
to the full.”

Jesus, John 10:10



What one step can you take, in your sphere of influence, to encourage rhythmic living?

- *Share with the person next you to and then pray for each other.*

RESOURCES
FOR
RHYTHMIC
LIVING



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