

Week 1: Rest, Sabbath, and Sustainable Spiritual Rhythms

Speaker: Anthony Conley

Rest

- The Psychology of Breathing - Breathing directly influences the autonomic nervous system.
- Correct breathing increases the brain's oxygen supply, which boosts focus and mental clarity.
- The Divine Name and Breath (Exodus 3:13-14)
- The Tetragrammaton (YHWH) - God's name revealed to Moses consists of four Hebrew letters. In English, it is written with all consonants, but in Hebrew, it is a word with no consonants and all vowels, making it unpronounceable.
- Rabbi Irwin Kula Quote - “The name of God is not meant to be uttered. YHWH is not meant to be known. YHWH is meant to be breathed.” Saying the name sounds like a simple exhale. (Genesis 2:7; Psalm 150:6)
- Application - To find an immediate moment of rest, breathe deeply and speak the name YHWH or Jesus.

Sabbath

- The Purpose of Sabbath (Genesis 2:2-3)
- Divine Example - God did not rest due to weariness; He rested to enjoy creation and establish boundaries. Rest is an intentional part of creation, not an afterthought.
- The Commandment of Sabbath (Exodus 20:8-11)
- Identity vs. Production - The Sabbath functions as a “temple in time” and a declaration of freedom. It reinforces our identity as image-bearers of God, rather than units of production for the world.
- The Trap of Legalism (Mark 2:23-28)
- The Pharisees' Mistake - The Pharisees turned the Sabbath into a strict, stressful rule to follow.
- True Intent - Self-care and rest should not become items on a stressful to-do list; Sabbath is an opportunity for spiritual, mental, and physical rest.

Sustainable Spiritual Rhythms

- Atmosphere of Worship - Play Christian music at home, in the car, and at work when possible. (1 Samuel 16:23; Psalm 22:3)
- Consistent Prayer - Dedicate time for morning prayer and meditation before starting the day.
- Maintain prayer throughout the day and close the day with prayer. (Psalm 63:1-6)
- Daily Devotion and Bible Reading – (Psalm 1:1-3)
- Importance - Provides vital spiritual nourishment, guidance, and protection
- Daily Journaling – (Habakkuk 2:2)
- Purpose - Documenting what God does provides a personal testimony to encourage yourself when facing spiritual warfare.

Things to Think About

- What specific obstacles or distractions keep you from achieving spiritual rest, peace, and overall well-being?
- What additional spiritual rhythms do you practice to help maintain a healthy balance between life and spiritual peace?

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