



Integrating faith & everyday life

Discovering ways to bring life and faith together, to help you see God in everything you do

REVIEW

Recap on your experience of the challenge. Ask the following questions:

How did it go? Was it helpful?

If you weren't able to try the challenge, explore the question:

Where and how did you experience God last week?

WHOLE LYFE SHATTERED

Research reveals that the number one enemy of spiritual growth is exhaustion. Many of us are living beyond our means financially and physically. God calls us to be good stewards of both.

READ

† Mark 4.35-41

A Storm

³⁵ That evening, Jesus said to his disciples, "Let's cross to the east side." ³⁶ So they left the crowd, and his disciples started across the lake with him in the boat. Some other boats followed along. ³⁷ Suddenly

a windstorm struck the lake. Waves started splashing into the boat, and it was about to sink.

³⁸ Jesus was in the back of the boat with his head on a pillow, and he was asleep. His disciples woke him and said, "Teacher, don't you care that we're about to drown?"

³⁹ Jesus got up and ordered the wind and the waves to be quiet.

The wind stopped, and everything was calm.

⁴⁰ Jesus asked his disciples, "Why were you afraid? Don't you have any faith?"

⁴¹ Now they were more afraid than ever and said to each other, "Who is this? Even the wind and the waves obey him!"

Contemporary English Verse - CEV

REFLECT

Setting the scene:

- ▶ In the Gospel of Mark we have already seen Jesus as one with authority to heal the sick, to cast out demons, to forgive sins. Here we see Jesus as the Lord of nature.
- ▶ Although this story is also recorded in the Gospels of Matthew and Luke, only Mark records 'other boats' – this is not simply an account of Jesus saving the disciples, but also

calming the storm on behalf of others in the area.

- ▶ Crossing the lake was Jesus' suggestion – so it was all the harder to understand for the disciples. Why had Jesus allowed them to face such danger?
- ▶ Fear and faith are opposites. It was due to their lack of faith that they feared drowning. But notice that they were 'even more afraid' after they witnessed Jesus' power and authority to calm the storm!

- ▶ Even the wind and waves obey Jesus – but as a human being he also got weary, tired and was in need of sleep!
- ▶ What are the 'shockers' and 'blockers' for you in this passage?
- ▶ How was Jesus able to sleep through the storm?
- ▶ When were you last afraid and unable to sleep well?

I RESPOND

Shattered challenge: As a group, create a challenge this week that will help you combat tiredness and fatigue.

Challenge ideas:

If you struggle to come up with your own challenge then why not try one of the following...

01 Rest Easy

Pick a day this week when you will be able to sleep as much as you want to and need to. The point of the challenge is to stay in bed, asleep, until you finally feel rested and can sleep no more. If this requires the help of others to take care of children, or if it requires you to book into a hotel room for one night, then do it! Make sure you get an early night, avoid coffee, exercise, computers or the TV before you go to bed. Sleep is a declaration of surrender and trust in God. It's admitting that we are not in control of the world and that the world will continue – whilst we rest! If this is not possible, then make a decision to go to bed earlier for a week.

02 Home Spa

If it is not possible for you to go to a hotel for a spa day for rest and relaxation then why not design one for home? Plan a day (on your own or with a friend) of exercise/fresh air (go for a long walk or bike ride), healthy foods, a hot bath, some good body treatments, lots of water (and maybe some wine!), a great film or a relaxing book. Plan to also include some time for quiet, solitude and meditation on verses from the Bible. Try to make the day free from interruptions and distractions. This is a day to restore your energies and enjoy.

03 Exercise

Sometimes we don't sleep so well because we are not physically tired. If you have an office job or a relatively sedentary lifestyle – look to increase your physical activity this week. Cycle or walk to work, do some gardening, go for a run or a hike. Just make sure you get lots of fresh air and feel physically tired at the end of the day.

GROUP PRAYER:

You might like to commit to praying for each person in the group this week as you look to find the time and space to create more rest and sleep.

As I started my two week retreat in 2005, Dallas Willard gave us the following guidelines for our time together. 'Get 10 hours of sleep the next 3 nights.' He called it 'Elijah's discipline'! Sleep until you don't want to sleep any more. Most of us are so weary that we have forgotten what it is like to be well rested.

Don't Forget

1. To record your experience of the challenge so that you can accurately share it with your lyfe group when you next meet. You might like to text/tweet each other throughout the experience!
2. Consider posting your created challenge on the lyfe facebook site for others to view.

More resources on 'Whole Lyfe'

- Listen to video interview with Mark Greene and Dallas Willard
- Read articles on Work & Family and Interview with Joe Davis
- Read 'lyfe story' biographies on GK Chesterton and Brother Lawrence
- Recommended Reading 'Working It Out – God, you and the work you do' by Mark Greene & Ian Coffey