

# LET'S LIVE!

WITH ABUNDANCE

ABIDE: LEARNING THE RHYTHM OF RENEWAL



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# HURRY SICKNESS

The relentless drive to do more, have more and be more in less and less time.



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"Busyness is like a charm...[enslaving] ever younger victims so that childhood [is] scarcely allowed the quiet and the retirement in which the Eternal may unfold a divine growth."

SOREN KIERKEGAARD



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"Because so many people were coming and going that Jesus and his disciples didn't even have time to eat, he said to them, 'Come with me by yourselves to a quiet place and get some rest.' So they left in a boat to a solitary place."

**MARK 6:31-32**

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## A TEMPLATE FOR ABIDING

**#1** They ceased their normal activity.

**#2** They retreated from the demands of people.

**#3** They set aside a specific time and place for quiet.

**#4** They were with Jesus in an undivided way.



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## A RHYTHM OF RENEWAL

**1** Renewal does not mean an absence of busyness or the rejection of work.



*Being busy is an outer condition;  
being hurried is a sickness  
of the soul.*

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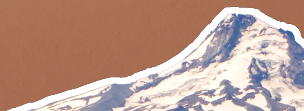
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## ABIDING IN CHRIST

means carving out, and then  
fiercely protecting, "God-time"  
in a busy world.



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## A RHYTHM OF RENEWAL

**2** Renewal is a part of the very  
nature of the God in whose  
image we are created.

*"On the seventh day God had finished his work of  
creation, so he rested from all his work. And he blessed  
that seventh day and declared it holy, because it was  
the day when he rested from all his work of creation."*

**GENESIS 2:2-3**

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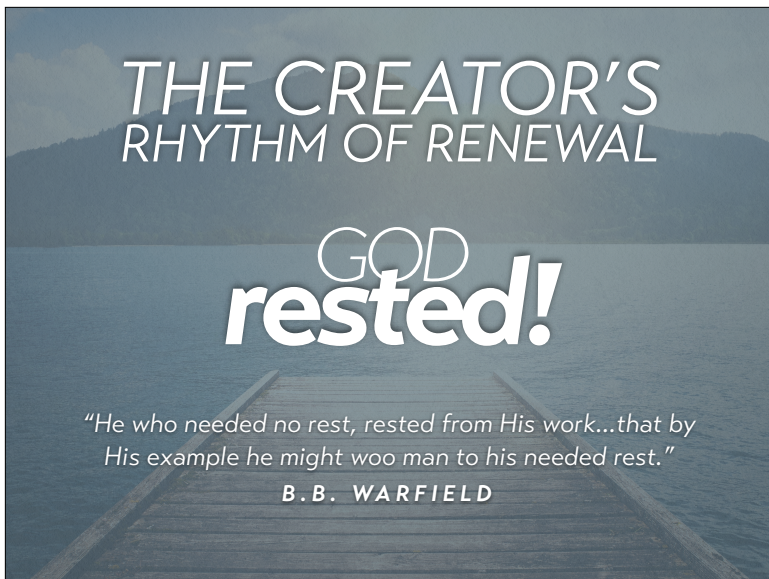
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## THE CREATOR'S RHYTHM OF RENEWAL

GOD  
**rested!**

*"He who needed no rest, rested from His work...that by  
His example he might woo man to his needed rest."*

**B. B. WARFIELD**



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THE CREATOR'S  
RHYTHM OF RENEWAL

GOD  
**reflected!**

*"And God said... and it was so...  
and God saw that it was good."*

GENESIS 1

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CREATING SPACE FOR  
NOTICING CATALYZES  
HOLINESS, DEPTH,  
GRATITUDE—AND HEALTH  
IN OUR BEING.

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THE CREATOR'S  
RHYTHM OF RENEWAL

GOD  
**recreated!**

*"He makes clouds his chariot. He rides on the wings  
of the wind. He grasps lightening in his hand and  
commands it to strike its mark, and it always does."*

PSALM 104

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"Our leisure, even our play, is a matter of serious concern."

C. S. LEWIS



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## THE SERIOUSNESS OF PLAY



It reminds us of the divine balance of work with rest, activity with reflection, and production with satisfaction.

It reminds us that our worth is not measured only by our work.

It reminds us, by allowing the eternal to interrupt time, that we are immortal.

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## A COMMAND AN INVITATION A CHOICE

*"Abide in me, as I also abide in you."*  
JOHN 15:4

*"It is the responsibility of every believer to carve out a satisfying life under the loving rule of God, or sin will start to look good!"*

DALLAS WILLARD

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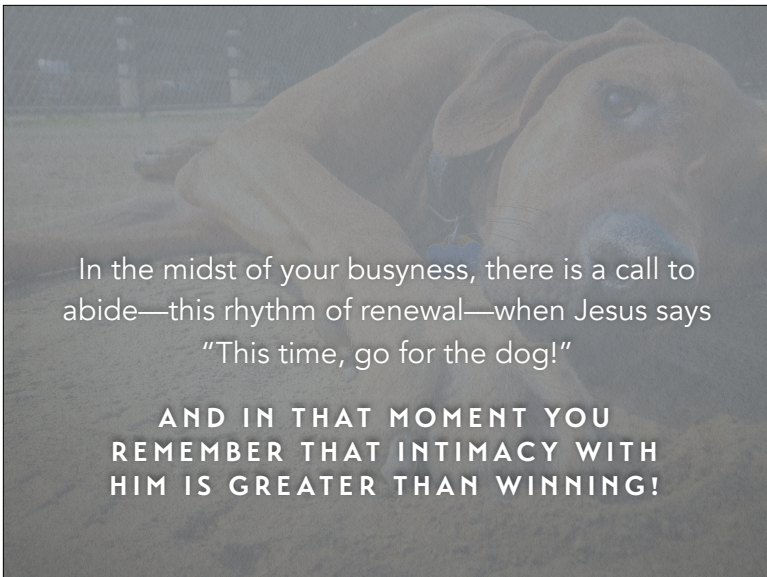
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In the midst of your busyness, there is a call to abide—this rhythm of renewal—when Jesus says  
“This time, go for the dog!”

**AND IN THAT MOMENT YOU  
REMEMBER THAT INTIMACY WITH  
HIM IS GREATER THAN WINNING!**

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