

Reflection Guide

The Way of Love with Bishop Michael Curry: Rest

“At peace with the one who made you”

How to Use This Guide

For personal devotion

Listen to the podcast episode one or two times. Next, set aside 20 minutes of quiet time to reflect on the following Scripture and questions. Consider writing your responses to the prompts in a journal. Close your time in prayer.

As a group

Before you meet, ask members to listen to this episode. Open your meeting by sharing the Scripture. Next, you may either listen to the episode again as a group or move on to the Questions for Reflection.

As a group, discuss your thoughts about and answers to the questions. Finally, close your time together with the prayer.

Scripture

Take a moment to read this passage (aloud if possible). What words or phrases jump out at you?

Genesis 2:2-3

² And on the seventh day God finished the work that he had done, and he rested on the seventh day from all the work that he had done. ³ So God blessed the seventh day and hallowed it, because on it God rested from all the work that he had done in creation.

Questions for Reflection

Use these questions for personal reflection, group discussion, or both.

1. In his conversation with host Kyle Oliver, Bishop Curry defines “rest” in terms of Sabbath rest: to “dwell in God, abide in God, to be at peace and one with God.” When we enter into this Sabbath rest, we are able to be fully ourselves and be fully in the presence of God. Think of a time when you felt fully yourself: What were you doing? How did it feel? Can you find the presence of God in that moment?

2. “When a spiritual practice becomes part of your routine, it becomes part of the energy of your life and it changes the rhythm of your life.” - Bishop Michael Curry Stillness and silence are both ancient spiritual practices that seem countercultural to our modern lives. Have you ever practiced intentional stillness or silence? If so, what opened up in your life because of the space those practices created? If not, what would it take for you to begin to practice these disciplines for even 10 minutes a day? Could you begin with simply a silent commute to work, or five minutes of sitting still on your sofa? What could happen to the rhythm of your days?

3. Bishop Curry concludes by saying, “There’s a point when you just have to stop and let rest happen.” For co-host Sandy Milen’s family, this happens on Sunday afternoons. Her sister noticed that her busy modern family was growing apart and requested that they begin the practice of spending intentional family time together once a week. Now, that time has become essential to the mental and spiritual well-being of the family – opening up space for them to know and be known better, and to enjoy each other’s presence. The same is true of our relationship with God. How would you like to know and feel yourself known by God? How can you begin to receive and enjoy God’s gifts for you with your whole self?

Prayer

Creator God, from the beginning you have established the sacred pattern of going and returning, labor and rest. Especially today, you invite us to dedicate time for restoration and wholeness – within our bodies, minds, and souls, and within our communities and institutions. Give us wisdom and courage to practice resting, saying no to the tyranny of the urgent, instead placing our trust in you, the primary actor who brings all things to their fullness. Amen.