



Run Hard. Rest Well.®

Champions Rest. Equips Leaders. Changes Culture.

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A Rest that Works – Video Journey

E-mail Distribution Notes

www.RunHardRestWell.org

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Video One

Hello –

I am excited for us to start exploring God’s design for work, rest, and rhythm. We know how to run hard, very hard. We struggle to rest well. We are jumping into an adventure of learning how to rest well. A summary and the first 5-minute video link are below.

Session 1: Run Hard. Rest Well.

Are you tired? Is your team running on empty? We know how to run hard, but we don’t know how to rest well.

Wellness is a hot topic, yet the number one crisis in our world is overload and exhaustion. There is a solution. Let’s learn how to run with passion and rest with purpose.

rhrw.org/video-01/

Blessings to you!

Video Two

Hello –

Do you feel like you’re running on empty? Are you desperate for a rest that restores? The next video in our series gives us a new perspective on rest. The summary and 5-minute video link are below.

Session 2: New Perspective

As our Creator, God knows that there is an art to running hard and resting well. The first thing God blessed in Scripture, the first thing He called holy, was time set apart for rest. After running hard, rest is an invitation to refuel and recharge.

rhrw.org/video-02/

Blessings to you!

Video Three

Hello –

Did you say “yes” to the invitation to refuel and recharge after the last video? I hope so. In the next video the founder of Run Hard. Rest Well. shares her journey of understanding and applying biblical rest. The 6-minute video highlights the need to make rest a priority. The summary and link are below.

Session 3: My Story

Every personality type can explore and establish sustainable, life-giving, rhythms of work and rest. Prioritizing simple, strategic practices leads to transformation, an increase in energy and productivity, improved relationships, and a deeper connection and commitment to Jesus.

rhrw.org/video-03/

Blessings to you!

Video Four

Hello –

When your tank is running on empty, what’s your go-to activity to recharge? All too often, these activities fall short in delivery. Restorative Wellness is designed by God to refresh and recharge. A summary of the 4-minute video and a link are below.

Session 4: Rest Redefined

God set the example and created a standard operating procedure for rest (Genesis 2:2-3). It is good, right, and empowering to follow His lead. Redefining rest allows us to trade our go-to escape mechanisms for life-giving rhythms that refresh and restore.

rhrw.org/video-04/

Blessings to you!

Video 5

Hello –

Learning to rest well allows us to work from a place of grace with ourselves and those around us. Sometimes in our weariness we wound others. Have you seen that in your life? I know I have. The next video is about the freedom that positions us to move away from overload to a place of grace. A summary of the 6-minute video and a link are below.

Session 5: Overload

Winded, worn, and weary, we end up wounding others when we perpetually run on empty. There is good, bad and ugly in all our lives. Learning how to rest well allows us to identify the ugly from a place of grace and move toward the New Life we long to know and enjoy.

rhrw.org/video-05/

Blessings to you!

Video Six

Hello –

Rhythm is defined as “a strong, regular, repeated pattern.” We are called to live a life of rhythm by the God we serve. Jesus modeled the way. The next video in the series helps us understand those rhythms of rest. A summary of the 4-minute video and a link are below.

Session 6: Rhythm

24/7 has decimated the natural rhythms that once graced our lives. God’s Word highlights rhythms of rest that are transformative and sustainable: Sabbath, Sleep, Stillness, and Solitude.

rhrw.org/video-06/

Blessings to you!

Video Seven

Hello –

“Remember the Sabbath day by keeping it holy.” (Exodus 20:8) The Sabbath day is the FIRST thing God called holy. This video highlights Sabbath and gives great tips on how to observe Sabbath in ways that reconnect you with God and those you love. A summary of the 6-minute video and a link are below.

Session 7: Rhythm #1 – Sabbath Rest

Through unhurried, unhindered, guilt-free time to play and pray, Sabbath rest relationally reconnects us with God and the people most important in our lives.

rhrw.org/video-07/

Blessings to you!

Video 8

Hello –

The research that identifies the benefits of sleep is phenomenal.

A Berkeley University research study shows sleep helps relationally:

- Sleep helps us approach others and avoid loneliness – “A lack of sleep leads individuals to become more socially avoidant.”
- Sleep helps us empathize with others. According to a recent study, “When we sleep poorly, the parts of our brain devoted to emotional empathy don’t function as well.”
- Sleep helps us to be less angry and aggressive. A recent study suggests, “Those who’d restricted their sleep became much angrier during tasks and did not adapt well to distractions.”

Do you need more sleep? Brenda gives practical tips on getting a better night’s sleep. A summary of the 6-minute video and a link are below.

Session 8: Rhythm #2 – Sleep

Do you want to be nicer, smarter, thinner, and happier? Go to bed. Sleep does a body good when we regularly get seven to nine hours of slumber. Going to bed or taking a nap is sometimes the most holy thing we can do.

rhrw.org/video-08/

Blessings to you!

Video 9

Hello –

Does the thought of being still scare you? You are not alone. Our society does not teach or model the benefits of stillness. In stillness we learn to let go. Shannon Adler has an amazing quote about letting go: “Learning to let go is not giving up! It is simply passing the burden to a better fighter (God), so you can fight another day.” Do you have a burden that you need to let go during your time of stillness? The next video will give you great tips on stillness in the 6-minute link below.

Session 9: Rhythm #3 – Stillness: Personal Prayers

A purposeful pause, stillness spiritually replenishes us and revives our soul. Great things happen in quiet places. In stillness we study God’s Word and listen for God’s voice.

rhrw.org/video-09/

Blessings to you!

Video Ten

Hello –

This video is about Personal Retreat. Crosswalk.com shares these benefits of solitude during personal retreat.

God fights on our behalf when we are silent. We are too weak to fight our enemies ourselves. We will be wounded, but in times of temptation if we remain in faith in God’s presence, He will give us His strength. “The Lord will fight for you while you keep silent.” (Exodus 14:14)

We find God in a deeper dimension. In silent prayer, we develop the art of looking at God. “You will seek Me and find Me when you seek for Me with all your heart. I will be found by you,” declares the Lord. (Jeremiah 29:13-14)

A summary of the 6-minute video and a link are below.

Session 10: Rhythm #4 – Solitude: Personal Retreat

Personal retreats come in three forms: proactive retreats as Jesus practiced; reactionary retreats when moods flare or hopes are dashed; and forced retreats like a notable one that a prophet from Old Testament times “enjoyed.” Step off the beaten path for a fresh perspective and a word of hope, healing, and direction.

rhrw.org/video-10/

Blessings to you!

Video Eleven

Hello –

We have the great opportunity to provide for our family, honor God, and bless those around us when we work. This video casts a new vision for the good work God has prepared for us to do. A summary of the 4-minute video and a link are below.

Session 11: Let's Take a Look at Work

Life is full of commitments, callings, and as believers, the Great Commission. Programs don't bring people to Jesus – people bring people to Jesus. When we are transformed by a life of rhythm and rest, we are able to invest in the least, the last, the lost, and the lonely. When Jesus said, GO, He meant it.

rhrw.org/video-11/

Blessings to you!

Video Twelve

Hello –

Implementing new habits starts with understanding the process. The process of learning to live the rhythms of rest and work is focused on taking small steps in the right direction and understanding that it is a life-long journey of intentionality, grace, and persistence. The final 6-minute video in our series is below.

Session 12: Life-Long Adventure

Where are you most tired right now? Implementing a life-long commitment to rhythms of life-giving rest involves surrendering our time to the Lord's design. From our abundance, we lead, love, and serve those around us.

rhrw.org/video-12/

Blessings to you!