



MWay Notes Week 05: Orthopraxy Discovering My Rhythm

Orthodoxy: Correct belief.

Orthopraxy: Correct conduct.

God deepens our faith when we trust in the things that only God can do and execute on the things that only we can do.

Your life moves to a better place when you move at a sustainable pace.

God designed a world of rhythm.

There was evening and morning the 1st day.
There was evening and morning the 2nd day.
There was evening and morning the 3rd day.
There was evening and morning the 4th day.
There was evening and morning the 5th day.
There was evening and morning the 6th day.
[Genesis 1:1-28]

So the creation of the heavens and the earth and everything in them was completed. On the seventh day God had finished his work of creation, so he rested from all his work. And God blessed the seventh day and declared it holy, because it was the day when he rested from all his work of creation.
[Genesis 2:1-3]

Rhythm is essential to a healthy life.

Jesus lived a life of rhythm.

Being with the Father to calibrate his heart and get direction

Being sent out from the Father to heal and save the world

Jesus offers to help us live a rhythmic life.

"Come to me, all who labor and are heavy laden, and I will give you rest. Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light." [Matthew 11:28-30 ESV]

"Are you tired? Worn out? Burned out on religion? Come to me. Get away with me and you'll recover your life. I'll show you how to take a real rest. Walk with me and work with me—watch how I do it. Learn the unforced rhythms of grace. I won't lay anything heavy or ill-fitting on you. Keep company with me and you'll learn to live freely and lightly." [Matthew 11:28-30 MSG]

In the gospel we get the ultimate rest.