

UNFORCED RHYTHMS

OF GRACE



From Jerusalem to Jericho: a study of situational and dispositional variables in helping behavior.

1 KINGS 19

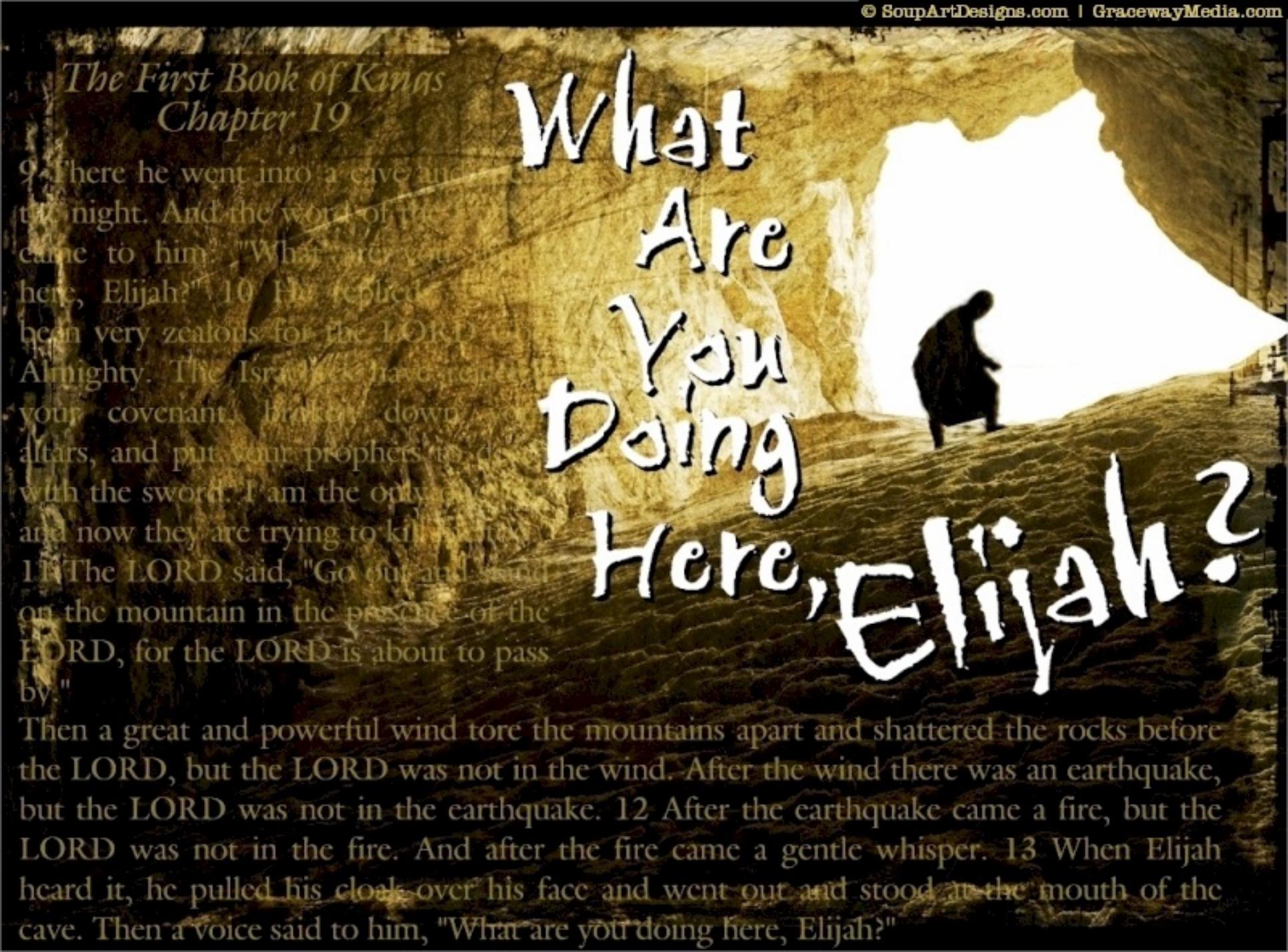
ELIJAH





*The First Book of Kings
Chapter 19*

What
Are
You
Doing
Here, Elijah?



9 There he went into a cave and hid there all night. And the word of the LORD came to him. "What are you doing here, Elijah?" 10 He replied, "I have been very zealous for the LORD Almighty. The Israelites have rejected your covenant, broken down altars, and put your prophets to death with the sword. I am the only one left, and now they are trying to kill me, too." 11 The LORD said, "Go out and stand on the mountain in the presence of the LORD, for the LORD is about to pass by."

Then a great and powerful wind tore the mountains apart and shattered the rocks before the LORD, but the LORD was not in the wind. After the wind there was an earthquake, but the LORD was not in the earthquake. 12 After the earthquake came a fire, but the LORD was not in the fire. And after the fire came a gentle whisper. 13 When Elijah heard it, he pulled his cloak over his face and went out and stood at the mouth of the cave. Then a voice said to him, "What are you doing here, Elijah?"



Whisper

#1Kings19:12



LISTENING
TO THE VOICE
OF
GOD

MATTHEW 11:28-30

"Come to me, all you who are weary and burdened, and I will give you rest. 29 Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light."



RESTORED & RENEWED

BELIEVING BEYOND WHAT YOU SEE

MATTHEW 11:38-30

"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."

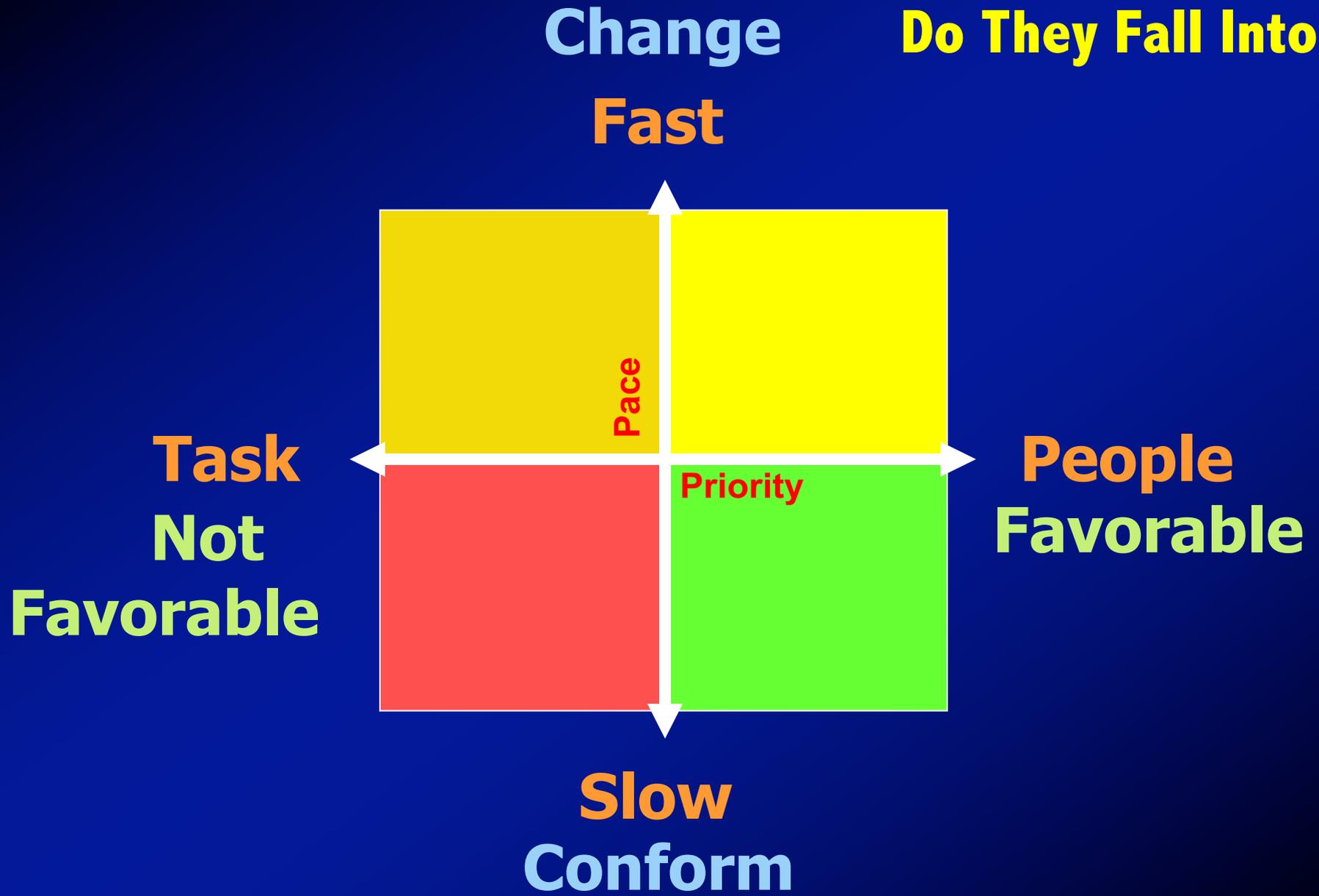
A photograph of a two-lane road winding through a foggy landscape. On the left side of the road, there is a cluster of trees. On the right side, there is a metal guardrail. The fog is thick and white, obscuring the background and creating a serene, quiet atmosphere. The road surface is dark and appears slightly wet.

The Unforced Rhythms of Grace

SOULCARE 101

- ▶ **Have a different relationship with time.**
- ▶ **Develop the discipline of paying attention.**
- ▶ **Trust the leading and power of the Spirit.**
- ▶ **Know the power of rituals.**
- ▶ **Experience both rejoicing AND suffering**

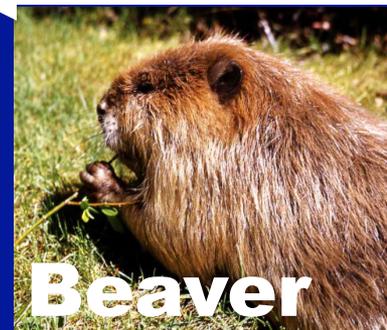
Which Quadrant Do They Fall Into?



**What is their
Personality Type?**

Change

Fast



**People
Favorable**

**Task
Not
Favorable**

**Slow
Conform**

DiSC

Dimensions of Behavior



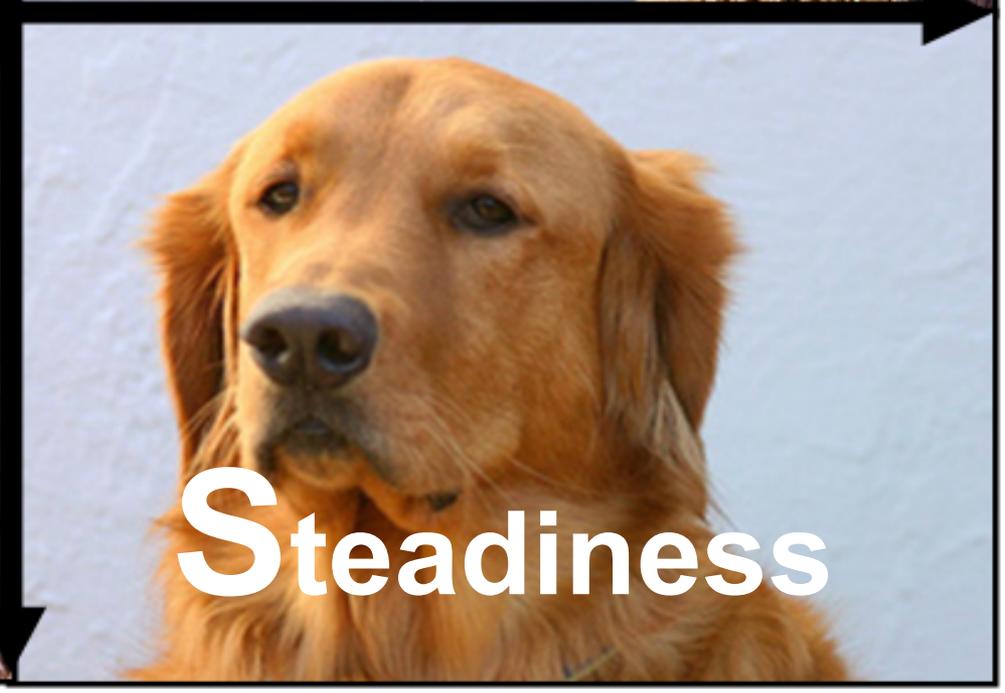
Dominance



Influence



Conscientious



Steadiness

	Lion (D)	Otter (I)	Golden (S)	Beaver(C)
Ideally I like to have...	Control	Fun	Peace	Perfection
I like to _____ things	Change	Dream	Steady	Analyze
I want to do it _____ way	My	The Exciting	The easy	The Right
To convince me I need to know	What	Who	Why	How
My greatest fear is losing	Control	Face	Stability	Structure
My strength is	Taking Initiative	Influencing Others	Implement Plans	Bringing Precision
I tend to lead through	Command	Speaking	Relationship	Rules



The Lion: Abuse position, set too high standards, speaks harshly, takes on too much too fast.



The Otter: Inattention to detail, unrealistic views of people, trusts too easily.



The Retriever: Gives in to stop conflict, battles to set priorities, dislikes change.



The Beaver: Defensive when criticised, gets bogged down in details, too intense, too cool.

THEME VERSE

For it is by grace you have been saved, through faith—and this is not from yourselves, it is the gift of God—not by works, so that no one can boast. For we are God's **handiwork**, created in Christ Jesus to do good works, which God prepared in advance for us to do.

Ephesians 2:8-10