



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 MESSAGE)

Take a long, loving look at the real (Walter Burghardt)

### **The Fruit of a God-Centered Life**

- Love and compassion
- Gentleness and Kindness
- Acceptance of others
- Experiencing faith and trust in God
- Accepting even difficult circumstances and feelings with hope and trust
- Facing myself realistically
- Find purpose and meaning

## **Rhythms and Practices to Orient Our Lives Towards God**

Silence, stillness, and listening

Spiritual practice of indifference

Prayer of Examen

Praying written prayers, short prayers, Lord's prayer

Meditating on Scripture, especially the gospels