



PAUSE



PAUSE



EAT



ASK



COMMUNE



EXAMINE

PEACE

These passages will guide us this month while we practice *Pause* as a church community. Let's spend a few minutes with them each day; memorizing God's word and inviting the Holy Spirit to illuminate the text in fresh ways.

MATTHEW 11:28-30

Come to me, all you who are weary and burdened, and I will give you rest. 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.

DEUTERONOMY 5:13-15

Six days you shall labor and do all your work, but the seventh day is a sabbath to the Lord your God. On it you shall not do any work, neither you, nor your son or daughter, nor your male or female servant, nor your ox, your donkey or any of your animals, nor any foreigner residing in your towns, so that your male and female servants may rest, as you do. Remember that you were slaves in Egypt and that the Lord your God brought you out of there with a mighty hand and an outstretched arm. Therefore the Lord your God has commanded you to observe the Sabbath day.

DEAR FRIEND,

Welcome! I'm thrilled that you've accepted our Invitation to PEACE at Redeemer East Side. The gospel tells us that Jesus in his life, death and resurrection has already secured our peace with God once and for all. And yet, we often fail to experience this peace in the everyday spaces of our lives.

This guidebook is an invitation to drink deeply from the wells of Christ's peace in the everyday moments of our lives through the rhythms and cadences of five simple spiritual practices: *Pause, Eat, Ask, Commune, Examine*.

A practice is a repeated activity that opens space in a Christian's life to experience the gift of God's grace, drawing from the peace that is found in him. It forms a Christian to live more instinctively in the manner of Christ. Practices are not meant to be separate or additive, but part of the daily flow of activities and relationships wherever God is sending you.

And so, in this first month, we begin with *Pause*, the first of the Practices of PEACE. As the prophet Isaiah has said, "In returning and rest is your salvation; in quietness and trust is your strength" (Isaiah 30:15). So we begin by arising out of the true rest that is ours in Christ.

As we embark on this journey together, we will discover that Jesus has invited each of us into a life of purpose with him—in the very spaces we already inhabit! And as we are filled with his peace, he uses us to pass it on to the people and places where we live, work and love. Through these practices we are transformed together—into the image and mission of Jesus himself.

Warmly,

A handwritten signature in black ink, appearing to be 'Abe', written in a cursive, flowing style.

Abe

PAUSE

One day each week we *Pause* from our labors so that we can **delight in Jesus**. We rest from our work and daily activities to remind ourselves that we are beloved children of God—not because of anything we have done, but purely through unmerited grace and immeasurable love. By resting in what God has already done for us, we are liberated from identifying ourselves with our accomplishments and productivity (Deuteronomy 5:15). When we *Pause* each week, we take time to play, recreate, and enjoy the gift of sabbath rest, where our souls are renewed and our burden is lightened (Matthew 11:28-30). From this place of refreshment, we then arise in mission to be God’s reconciling agents to an exhausted world (2 Corinthians 5:18).

If our rest is not an act of trust in God and relief from work, we are not really resting—or rejoicing—at all.
—Dru Johnson

DAILY HABITS

TO HELP US PRACTICE PEACE:

CHALLENGE

Each month we focus on a new habit (*Pause, Eat, Ask, Commune, Examine*) while building on those from previous months. These practices are meant to be practical, fitting into the flow of our daily lives as we invite the Holy Spirit to change us and create new, sustainable habits.

Experience peace and purpose by turning off distractions and tuning into God and his world.

Choose one day each week.

Choose a three-hour block as a way to begin to enjoy God's Word, enjoy God's world, enjoy creativity and fun.

Turn off distractions (notifications, social media, news).

COMMITMENT

Prayerfully commit to small, sustainable steps in the practice of *Pause*, as Jesus invites us to be transformed together.

What do you hope will be true of you from practicing *Pause*?

Choose one day each week. Choose a three-hour block of no distractions. What day is most likely to have the least disruptions?

Turn off distractions. What most distracts you? What barriers do you anticipate and can address in prayer?

Enlist others. Who needs to know about your Pause practice to help make it happen?

When you struggle, how can you remember and rejoice that you have everything you need through the gospel?

DAILY HABITS_{CONT.}

PASS THE PEACE

Practicing PEACE fills us with the peace of Jesus, so we pass his peace to others. Because our city is in deep need and we are made to share peace with our neighbors, adopt one Hope for New York affiliate for the entire duration of practicing PEACE to extend the mercy that we have received to others.

Dream Center: Pack and distribute food boxes to families in our neighborhood.

Young Life: Connect with and mentor teenagers on the Upper East Side.

Safe Families: Offer hope and encouragement to overwhelmed families through virtual connections.

The Bowery Mission: Meet the needs of people experiencing homelessness and hunger in the city.

The Open Door: Teach English or become a conversation partner with adult immigrants through virtual connections.

Ask yourself these questions:

Which ministry most resonates with me?

What does my schedule allow?

Do I feel comfortable with in person or virtual?

Scan to sign up to volunteer or donate online.



GOINGS ON

PEACE: An Invitation to *Pause*, with Rich Villodas

Sun, January 31, 8–9 p.m.

Join and *Pause* together as Rich Villodas, pastor and author of *The Deeply Formed Life*, leads us through a practical and timely teaching of *Pause*.

Work and Rest Class

Wed, February 3, 8–9 p.m.

If you're working more than ever (or feeling anxious looking for work), this class will guide you through Scripture readings, personal reflection questions, and group discussions.

Readings in *The Beautiful Community*

Thursdays, February 18 to March 11, 8–9 p.m.

This book group will discuss and seek to apply practices from Dr. Irwyn Ince's book *The Beautiful Community: Unity, Diversity, and the Church at its best*.

Walking Tour of Historic Black Neighborhoods

Sun, February 21, 1–3 p.m.


This tour is meant to be a way to pause and reflect together on the deep heritage of our African American and black neighbors in our city.

Parent Game Night

Fri, February 26, 8:30–9:30 p.m.

An evening for parents to relax and have fellowship together online.

Circle the offerings that most interest you.



God is present, and His thought is alive and awake in the fullness and depth and breadth of all the silences of the world. The Lord is watching in the almond trees, over the fulfillment of His words (Jeremiah 1:11).

Whether the plane pass by tonight or tomorrow, whether there be cars on the winding road or no cars, whether men speak in the field, whether there be a radio in the house or not, the tree brings forth her blossoms in silence.

Whether the house be empty or full of children, whether the men go off to town or work with tractors in the fields, whether the liner enters the harbor full of tourists or full of soldiers, the almond tree brings forth her fruit in silence.

—Thomas Merton, *No Man Is An Island*

PEACE: AN INVITATION TO PAUSE

with Rich Villodas, Sun, January 31

How has your perspective on the Practice of *Pause* changed by what you heard?

What does this practice reveal to you about the reality of the Christian life?

A large grid of dots for journaling or doodling. The grid consists of 20 columns and 20 rows of small, light gray dots, providing a structured space for creative expression or reflection.

Notes & Doodles
The following pages are meant to prompt prayerful reflection. Journal, doodle, write a poem; this space is yours.

Week 1: What has helped you *Pause* for rest and worship?
What has not been helpful?

A large grid of dots for journaling, consisting of 30 rows and 40 columns of small, light gray dots. The grid is intended for users to write their responses to the prompts in the header.

Week 2: Work and worship are intertwined. How does *Pause* for rest and worship influence your work life and vice versa?

A large grid of dots for writing, consisting of 20 columns and 30 rows of small, light gray dots.

Week 3: How does the practice of *Pause* open new ways to pass the peace of Christ to others?

A large grid of dots for writing, consisting of 20 columns and 25 rows of small, light gray dots.

Week 4: What did you experience about God and the gospel
by practicing *Pause*? Praise God for this!

A large grid of dots for journaling, consisting of 20 columns and 25 rows of small, light gray dots.

AT MONTH'S END

What ways did God extend peace to others through you as you practiced *Pause*?

How will you make *Pause* a consistent, sustainable practice in your life?

People in a hurry never have time for recovery. Their minds have little time to meditate and pray so that problems can be put in perspective. In short, people in our age are showing signs of physiological disintegration because we are living at a pace that is too fast for our bodies.

—Archibald Hart

WONDERFUL PEACE

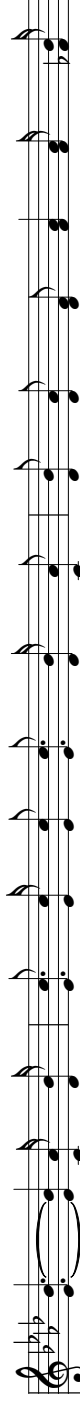
Warren D. Cornell, 1889

William Gustin Cooper

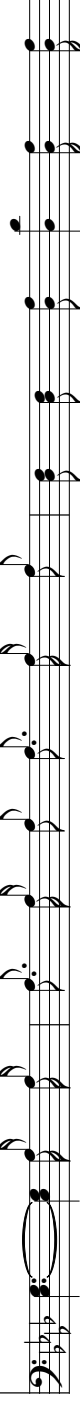
$\text{♩} = 85$



1. Far a - way in the depths of my spir - it to - night Rolls a mel - o - dy sweet - er than
2. What a trea - sure I have in this won - de - rful peace, Bur - ied deep in the heart of my
3. I am rest - ing to - night in this won - der - ful peace, Rest - ing sweet - ly in Je - sus' con -
4. And I think when I rise to that ci - ty of peace, Where the an - chor of peace I shall
5. A - h, soul! are you here with - out com - fort and rest, March - ing down the rough path - way of



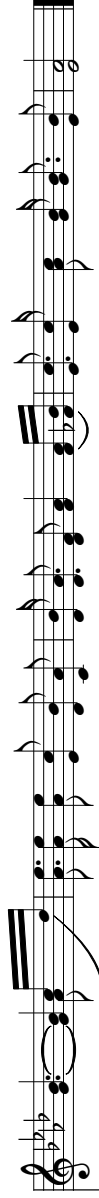
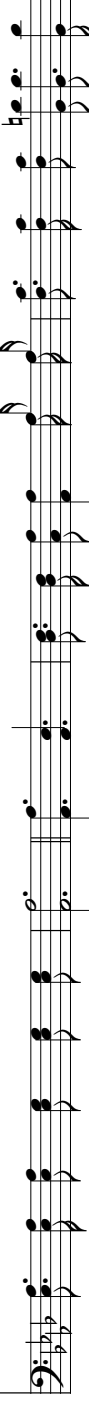
psalm; In ce - les - tial - like strains it un - ceas - ing - ly falls O'er my the
soul, So se - cure that no pow - er can mine it a - way, While the
trol; For I'm kept from all dan - ger by night and by day, And His
see, That one strain of the song which the ran - somed will sing In that
time? Ma - ke Je - sus your friend ere the sha - dows grow dark; Oh, ac -



Refrain



soul like an in - fi - nite calm.
years of e - ter - ni - ty roll!
glor - y is flood - ing my soul!
heav - en - ly king - dom will be:
- cept this sweet peace so sub - lime!



- bove! Sweep o - ver my spir - it for - ev - er, I pray In fa - thom - less bil - lows of love!



KIDS ON PAUSE

MATTHEW 11:28-30

Come to me, all you who are weary and burdened, and I will give you rest. 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.

Each week we *pause* from our daily responsibilities so that we can delight in what Jesus did for us. We can rest from our schoolwork and activities, knowing we are beloved children of God because of Jesus, not because of our accomplishments. By pausing for a certain time each week, we take time to play and enjoy the gift of sabbath rest.

Observe Sabbath, finding time weekly to stop your regular routine so that you can delight in Jesus and play.
Disconnect from devices to focus and calm your mind.
Spend time outside in God's beautiful nature.
Participate in the activities listed in this booklet or others that bring you joy.

WONDER TIME

Isn't it great that when we practice *Pause* there is nothing we "have" to do but only things we "get" to do that bring enjoyment and rest?

Try out these activities this month as you practice *pause* and rest in Jesus. If you'd like more sabbath activities for kids, scan the QR code on the next page.

One way we can *Pause* is by sitting still and talking to God. Take some time to reflect on this question:

What is your favorite place to sit and meet with God? It could be in an open field, at a playground, in your room, on a beach, etc.

Use this blank space to journal about and draw your answer to this question.

GIVE THANKS

As you begin your sabbath time take 5 minutes to gaze out of your window, or if you can, take a short walk. Pay close attention to things that God has created in nature and take time to pray and thank him for 5 specific details. (EX: Thank him for the way the ice coating the bare branches of the trees looks like beautiful crystals). If you are walking outside take a picture of, or draw, the 5 things you find so you can remember them later. Know that each thing you see reflects a piece of God's beauty.

BODY BE STILL

PSALM 46:10

Be still, and know that I am God.

Stop everything! Follow the actions of the movement poem to get your wiggles out and then at the end take one whole minute to lay still on the floor or in a comfortable spot. As you are laying down remember that Jesus asks you to come to him for rest "Come to me, all you who are weary and burdened, and I will give you rest" (Matthew 11:28). Jesus loves you and is with you as you are still with him.

*Bend down low and touch your toes
Reach for the sky then touch your nose.
Flap your arms like a butterfly
Jump your feet up to the sky!
Do three frog hops, one, two, three,
Now lay on the floor and be still with me.*

COZY CORNER

Use some pillows and blankets or whatever else you find, to create a quiet cozy place in your home where you can read, color, draw or journal. Take at least 15 minutes each week as you practice *pause* to do your favorite quiet activity in your cozy corner. This is a great place to look at your picture Bible or read a passage from your Bible and know Jesus is there with you in your cozy spot.

LISTEN

Listen to music to *pause* and rest.
Scan this code through the Spotify app:

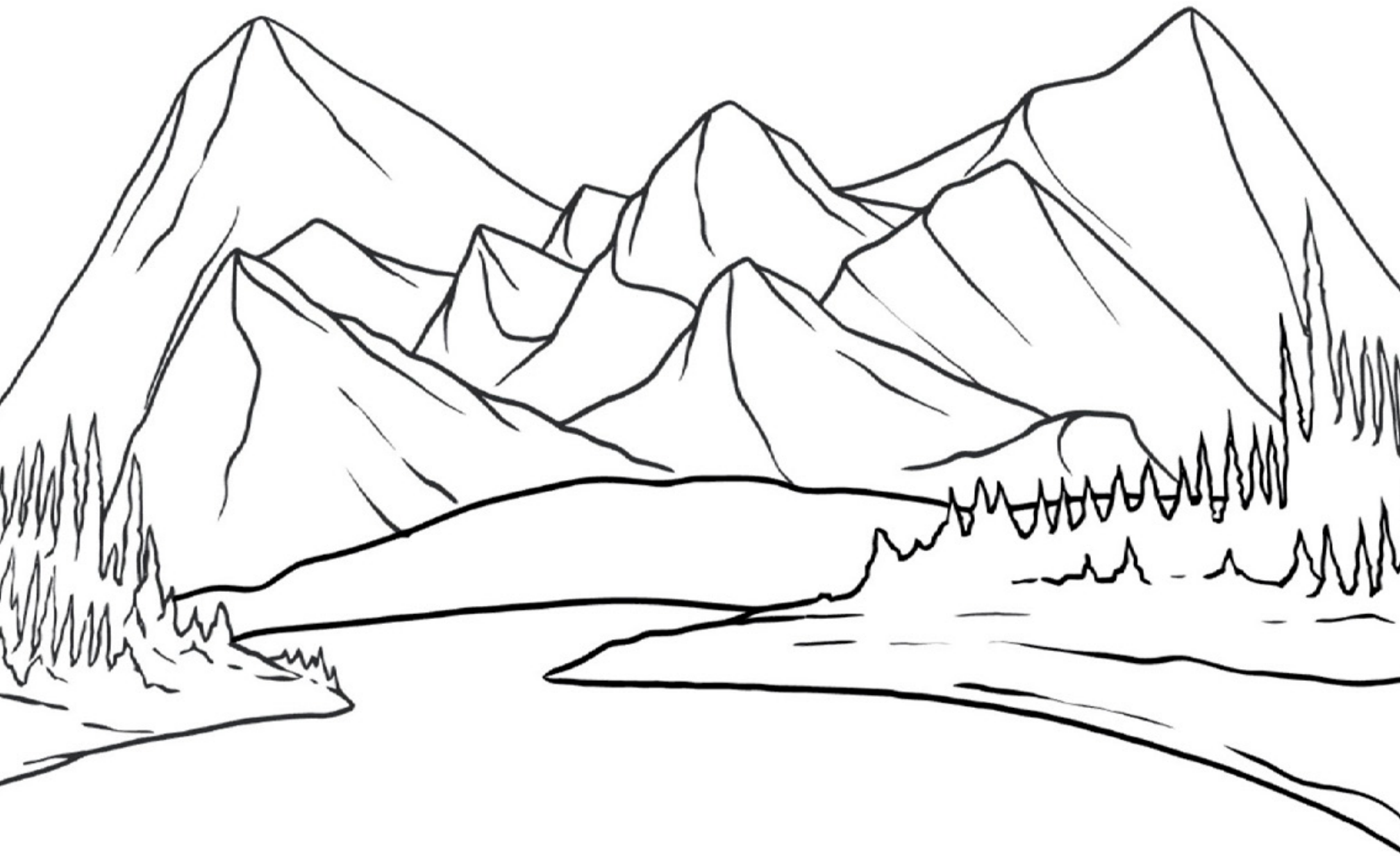


For more fun ideas to practice Pause, scan here.



RESTFUL COLORING

Use the next page to color in the peaceful mountain landscape.



PRACTICES OF PEACE

PAUSE

One day each week we *Pause* from our labors so that we can delight in Jesus (Matthew 11:28-30).

EAT

In the practice of *Eat*, we reflect God's hospitality through eating or time spent with others (Mark 2:16-17).

ASK

We practice *Ask* once per week, taking a curious and compassionate posture to others (Genesis 3:9).

COMMUNE

We commit to *Commune* in a small community of at least two other Christians to share in the mission of Jesus (Hebrews 10:24-25).

EXAMINE

We invite Jesus to *Examine* us daily through Scripture reading and prayer (John 15:5).



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