



Practice Rest

September 13-19, 2026

We're hardwired for rhythm for the journey of life. In the video, David Walker explores why many of us are out of sync when it comes to the rhythms of work and rest that God intended for us to enjoy. Thankfully, there's hope to relearn rhythm as we lean into what the Bible has to teach us on the matter.

In the video, David opens the session by sharing his story of losing a healthy rhythm of work and rest at a time when he worked in business and his role was exciting, all-encompassing... and exhausting.

Can you relate? If you're comfortable to do so, talk about a time in your life (even if that time is now) when you experienced burnout. What was the proverbial last straw that made you realize something had to change?

For many of us, it's become the norm to be always on—working more, sleeping less, and never taking a day off to stop and rest.

Do you think smart technology has helped or hindered healthy routines?

Do you think it's necessary to be always available or contactable? Why, or why not?

The reality for many is that we work more than ever. We have more than ever. But in spite of all of this, we're less content than ever.

Has there been a time in your life when you were more content than you are now?

What do you think it would take for you to feel absolutely content today?

READ [ECCLESIASTES 3:1-15.](#)

Talk about the preacher's perspective on work, rest, and rhythm. How is God's goodness on display in the natural order and in the work we're called to do?

READ [MARK 4:35-41.](#)

What is God saying to you about trusting Him—and resting—even when storms rage around you?

What do you need to unlearn, to relearn rhythm? Write down bad habits you need to break and good habits you need to build, to reestablish healthy balance in your life.

As you go about your week, set a midday phone reminder to pause... and take a few deep, slow breaths. Ask God to meet you in the midst of your busy comings and goings, to give rest to your soul.