



FROM VISION TO REALITY

INTRODUCTION and PREPARATION

Before we immerse ourselves in this study, let us first prepare our hearts, minds, and reflect on our previous experience of living **R = 6 + 1**.

Take 2-3 minutes to simply sit quietly, slow your breathing, allow yourself to connect presently with God and yourself. Consider transitioning from this time of quiet by saying a simple prayer like, "Lord, thank you for this gift of time to remember you, seek you, and to grow more fully toward you as I learn to live in your desired rhythms."

RECAP –Take a few minutes to review your previous +1 Day and [+1 Day Planner](#).

Describe your experience of your last +1 Day.

What worked well?

What about it was life-giving for you (and your family, if applicable)?

Where did you experience dissonance, challenge, or frustration?

What adjustments will you make to live more fully into your next +1 Day.

STUDY FOCUS FOR THIS WEEK: FROM VISION TO REALITY

Well done getting to this study! Think about what you have experienced in the last few weeks. You read the waters of your life and soul. You engaged in learning and serious reflection on sabbath (solving for R (rhythm) in the $R=6+1$ equation). You left with a vision and possibly the commitment to refocus the rhythms of your life.

In our study focus this week, we will remember, reflect, and position ourselves to move vision to reality in our commitment to life-giving rhythms.

A few CliffsNotes (*do they still have those?*) **on Rhythm:**

Four Realities of Rhythm (from our guidebook) **that form our lives:**

- Your life is built on rhythms (like everything else in creation).
- You create your rhythms.
- Your rhythms shape and form your life.
- Your rhythms create ripples of impact upon those with whom you live, work, and connect in life.

From the $R = 6 + 1$ Devotion Part 1 Big Ideas:

- Rhythm was established in the beginning as foundational to our world.
- God worked/labored six days and then stopped, ceased and rested from his work on the last day.
- The seventh day (or +1 day) was declared holy—the first thing made holy in our world.
- The +1 day was filled with intentionality.
- Sabbath rhythm was/is to be core to humanity and God's people forever and ever. Amen.

LISTEN to John Mark Comer's PODCAST:

Sabbath E2: Sabbath as Rhythm

Take notes on what you hear as important and significant for you.

RETURNING & REMEMBERING: Your Retreat Guidebook

Look back to your Soul Maps. What did you learn about your soul, its needs, and your desires from this exercise?

What are the R's you need to solve for in addition to rhythm (refer to Thursday Evening, Solving for R section)?

Does the idea and practice of *Ceasing* bring a sense of joy and freedom or panic and challenge? Why?

Review your *Habits of Delight Lists* and add to them if new delights and gratitude come to mind. What is good about this practice for you?

STUDY OBSERVATIONS & APPLICATION

In one sentence, what do you observe as the *Big Idea* of this week's study?

What was particularly helpful for you in what you read and heard in this session?

What challenged you from this session? What questions kick up in your mind?

What will you do with the insights and learnings from this session to move the vision of sabbath to a greater reality in your life during the next two months as we grow in *Rhythm*?

PRESSING FORWARD

- Complete your next [+1 Day Planner](#).
- Complete the next session in the study guide and interact with the reflection questions.



IF YOU GO AGAINST THE GRAIN OF
THE UNIVERSE, YOU GET SPLINTERS.

—HH Farmer