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**Greater Hartford Chapter
 R HOUSE Restaurant
 August 1, 2012**

- Welcome! Opening prayer and introductions
- FCCI news/update (website, NYC, global conference)
- Today’s topic: **The Distinction b/w Resting & Laziness**



By the seventh day God had finished the work he had been doing; so on the seventh day he rested from all his work. —Genesis 2:2

Rest = to cease work or movement in order to relax, refresh oneself, or recover strength.

Restless = characterized by or showing inability to remain at rest; unquiet or uneasy.

One of the pitfalls of our technology-based culture is the way it can creep into our lives 24/7... actually diminishing our capacity to “rest.” Since we’re into peak vacation season:

What is your perspective on “rest?”

Are you so driven that you cannot rest?

Are you so high-strung that you cannot turn off, or mute, your devices—or your mind?

How much of your restlessness is caused by freewill choice, culture or biology?

Is the word “no” in your vocabulary, or are you being held hostage to activity?

When does rest end and laziness begin? How do you draw the distinction?

What does this passage infer about pacing ourselves?

Evaluate yourself from 1 (weak) to 10 (strong) in terms of resting.	1	2	3	4	5	6	7	8	9	10
Why did you give yourself this rating?										
What benefits might you enjoy by being restful?										
What specific actions can you take to become more restful?										

- Next meeting on August 15
- Closing prayer