Healthy Rhythms

Lifelinks Conference Oct. 22, 2026
Dallas and Leah Beutler -
The Rock Church - Saskatoon, SK
www.trcyxe.ca dallas@trcyxe.ca leah @trcyxe.ca

Healthy rhythms help ground us and orientate us back to Jesus from whom and in whom, we want to live our lives…

God intended that they would seek Him and perhaps reach out for Him and find Him, though He is not far from each one of us. For in Him we live and move and have our being. - Acts 17:27,28

The need for rhythms…

- Daily
- Weekly
- Annual
- Sabbatical

<u>Daily Rhythms</u>

spiritual disciplines….

David Food's book on amazon -

"Forged in Stillness, Habits of Christ that will change you."

The goal of is to SLOW DOWN for loving union with Christ.

- Rewiring our souls… a taste for Jesus in the day to day…

Daily office -

…Pausing 2-3 times a day for 5-15 minutes of silence, stillness, solitude, and scripture to be with Jesus

1. To BE WITH -

Just to BE with Him not to DO for him or even to get something from Him.
Silence, Solitude and Stillness -
Different people connect in different ways depending on their temperaments -
silence (quiet with Jesus - not needing to be talking to be ok),
solitude (alone with Jesus - not needing outside stimulation to be ok),
stillness (resting with Jesus - not needing to be busy to be ok)

2. To LISTEN

Lectio Divina - Divine reading -
Visio Divina - Divine Seeing (Artwork or Nature etc.)

Daily Rhythms: They are muscles to be built…

*set the times -
*set distractions aside -
*set timer to help
*set expectations low
*settle into Jesus' presence

<u>Weekly Rhythms</u>

24 hour Sabbath - Reorients us weekly.

Four Principles of:

1. Stop
2. Rest
3. Delight
4. Contemplate

<u>Sabbath is Warfare</u>

It is actually spiritual warfare when we do a sabbath…

Mark 2:23-28

23 One Sabbath Jesus was going through the grainfields, and as his disciples walked along, they began to pick some heads of grain. 24 The Pharisees said to him, "Look, why are they doing what is unlawful on the Sabbath?"

25 He answered, "Have you never read what David did when he and his companions were hungry and in need? 26 In the days of Abiathar the high priest, he entered the house of God and ate the consecrated bread, which is lawful only for priests to eat. And he also gave some to his companions."

27 Then he said to them, **"The Sabbath was made for man, not man for the Sabbath.** 28 So the Son of Man is Lord even of the Sabbath."

The Challenges in different seasons of Life:

Leadership

- Lots of responsibility and freedom in our roles -can re-arrange life -
-

Parenting

How to make rhythms happen with young families - “Any mother or father, while raising children, perhaps in a more privileged way even than a professional contemplative, is forced, almost against the will, to constantly stretch the heart. For years, while raising children, her or his time is never her or his own.” pg 20 Domestic Monastery

Annual Rhythms

- This is an invitation to step into meaning extended moments of refreshment…
- LOTS OF WORK TO BEING SHEPHERDS

(Great book - A Shepherds look at Psalm 23)

*Feeding the sheep - preparing nourishment for them - messages
*Caring for the sheep - getting them what is particularly needed - sick, injured, lame
*planning for the sheep - administration of what is required to have sheep… pastures, pens, water, safety, journeying

- And then startagain…
-

AND HERE IS THE REALITY -

shepherds who are not cared for, can not care for the sheep…

Galatians 6:9

9 Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up.

- One of the ways to not grow weary - **scheduled** breaks along the way
- time to step away for short period of time, refresh in Jesus, refresh your spirit, refresh your body and heart, refresh relationships - friends, family, spouse

- We have done that - want tp restart as we come back from this past sabbatical - 2 prayer retreats (prayed and planned, but also walked, ate, enjoyed, refreshed)
-
- But they don't have to be prayer retreats - studies show that our brains slip into a rest response when we are away (some say 2 hours distance)
- Build them very intentionally to be life giving….know what fills your specific tank

Example of refreshment along a marathon.

<u>Sabbatical Rhythms</u>

Long Term Sabbath Rest -
Sabbatical Septennially
The R Sabbatical- "regular r's" rest, repair, restore, renew, refresh

These 4 same 4 principles that govern for your weekly sabbath help form a sabbatical…
Stop
Rest
Delight
Contemplate

PREPARATION….

1. Pray and Ask: Dream with Jesus and others
2. Identify what you need: what brings you LIFE: What fills you up?
3. Set Expectations: (Conscious, Realistic, Spoken, Agreed upon)
   For Yourself, your church, your staff, your family
4. Play is the Way: Permission to Delight and not be leading.

The principle of 1/3s

1. 1/3 time and focus spent on relationships - family & friends
2. 1/3 time and focus spent resting on your own - lots of delight, repair
3. 1/3 time and focus spent on learning, skill building

Sabbatical Notes:

Note 1: Engage a spiritual director/counsellor.

- This is to help you gain outside input to your spiritual re-evaluation and development during this time. Maybe once to twice a month or week intensive or …??

Note 2: Successful sabbatical is not a perfect sabbatical - life still happens

Note 3: Benefits can be huge to your leadership team, congregation, department matures when you step away and give over authority

Note 4: It can be as inxpensive or expensive as you want… -
not just plan for provision but pray for provision…

Note 5: Re-entry

1. Set up re-entry/onramp to start after you get back.
2. Plan the re-entry before sabbatical so you do not start working in your last two weeks.
3. Purpose of re-entry is to re-engage and feel out where the Church is at after you get back.
4. Goal of starting slow and ramping up is to prevent being overwhelmed … re-engage on a new level.
5. First 1-2 weeks at 50%. Do meetings. Listen lots. It is the not time to start "doing" right away. This is a discovery time and presents an ideal opportunity to make changes to the way you lead.

CONCLUSION…- *Be gentle to yourself

Colossians 3:12

Therefore as God's chosen peole, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness, patience…

Which rhythm might you want to start or restart?

What change might you consider to slow down for loving union with Christ?

- "Forged in Stillness: Habits of Christ that will change you." (David Food)
- "Domestic Monastery" (Ronald Rolheiser)

- "A Shepherd Looks at Psalm 23" (W. Phillip Keller)