

RHYTHMS OF A WELL-FOUGHT LIFE

REST & WAR.



BEN STUART

A PDF COMPANION TO THE AUDIOBOOK

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UNDERSTAND THE ENEMY'S PLAYBOOK

RHYTHMS OF WAR

1. Write out 1 Timothy 4:16 in a journal.
2. Take a moment to consider what you think about. What topics, subjects, and ideas float into your mind most frequently? What do your thoughts linger on most naturally?
3. Think about what you care about. What subjects elicit the strongest emotional responses from you? What excites you? What bums you out?

ELIMINATE EXPOSURE

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1. In your journal, write out Matthew 26:41 in its entirety.
2. Take a moment and think about a bad habit or besetting sin that you need to eliminate. What is the temptation you consistently find yourself entering into? Consider writing it down.
3. How could you design your environment to reduce your exposure to that temptation? Write out a few practical steps you can take.

PADDLE DOWNSTREAM

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1. Write out James 1:12–15 in your journal.
2. Think of a moment in your life when a trial made a temptation look attractive.
3. Recall a failure in your past. Do you believe that considering the outcome of that decision would have helped you resist the first impulse?

LOOK UPSTREAM

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1. Take a moment to write out James 1:16–18 in your journal.
2. Do you believe God is a good Father? If so, how? If not, why?
3. Make a list of the good gifts that he has given you.

THE PROPER PURSUIT

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1. Have you seen in yourself a propensity to reduce spirituality to a list of rules or activities? If so, what does that look like in your life?
2. Think about your closest relationships. What activities do you naturally do to deepen and strengthen those bonds?
3. Take a moment and talk to God about the concept of cultivating intimacy with him. Process with him what fears or questions you may have. Ask him to give you a vision of what activities you may want to introduce to your life to deepen your devotion to him.

FROM ANXIETY TO INTIMACY

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1. Take a moment and write down a few places where you could go to spend time alone with God.
2. Then, write down a time of day that would work for you to do this.
3. Now, think about a plan for how you might spend that time. Consider writing out Philippians 4 (or the whole book of Philippians!). Or, head to restandwar.com for some devotional ideas.
4. Do you have some anxieties you can cast upon God now?

PRODUCTIVE SCHEDULE

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1. How can you rearrange your schedule to cultivate and maximize your potential? What needs to be removed from your schedule? What needs to be added? What needs to be rearranged?
2. Try the exercise described in the previous section: make a list of your titles, then write out all your tasks beneath them.
3. Take a weekly calendar and see if you can schedule your activities by priority and not simply proximity.

PROTECTIVE SAINTS

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1. Take a moment and ask God to bring to mind a mature believer in Jesus you could stand with through the trials of life. What might it look like for you to ask them to pray for you and for you to offer to do the same for them?
2. Ask yourself where you see brothers and sisters in Jesus striving together to do good in your community. Consider praying for the courage to run alongside them in the work!

POSITIVE RELEASE

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Once you've completed the exercise at the end of this chapter take some time to . . .

1. Write Psalm 23:1–3 and 6 in your journal, and meditate on it each day this week.
2. Dream about some soul-restoring, fun activities you've never done but would like to.
3. Articulate what this phrase means to you: "While I'm alive, I want to live with all my might."

THE STORY OF THE SPIRIT

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1. What stood out to you in this chapter? Why?
2. How do you feel about the fact that God wants to be as close to you as your own breath? Is this exciting? Comforting? Intimidating? Concerning? Consider writing out how you feel about God's intimate and empowering presence in our lives.
3. Take a moment and write out what questions you have about how exactly "keeping in step with the Spirit" works.

IN STEP WITH THE SPIRIT

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1. Look back at the ways we discern the Spirit's leadership. Did any of it surprise you?
2. All of us have areas of our lives where we have matured greatly and other areas where we need work. Are there areas right now in which you see the fruit of the Spirit?
3. Pause for a moment to consider what moment-by-moment dependence on the grace of God might look like on a typical day.