

The background features a vertical gradient from purple at the top to green at the bottom. Scattered throughout are various musical symbols, including a large treble clef in the upper left, several eighth and quarter notes, and a bass clef. The text is centered and rendered in a white, serif font with a yellow outline.

GOD'S RHYTHMS
of GRACE

His Tempo for Your Life

Matthew 11:28 - NLT

**Then Jesus said, “Come to me,
all of you who are weary and
carry heavy burdens, and I will
give you rest.**

Matthew 11:29 - NLT

Take my yoke upon you. Let me teach you, because I am humble and gentle at heart, and you will find rest for your souls.

Matthew 11:30 - NLT

**For my yoke is easy to bear, and
the burden I give you is light.”**

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GOD'S RHYTHMS
of GRACE

His Tempo for Your Life

Matthew 11:28 - MSG

**Then Jesus said, “Are you tired?
Worn out? Burned out? Come to
me. Get away with me and you’ll
recover your life.**

Matthew 11:29 - MSG

I'll show you how to take a real rest. Walk with me and work with me—watch how I do it. Learn the unforced rhythms of grace.

Matthew 11:30 - MSG

I won't lay anything heavy or ill-fitting on you. Keep company with me and you'll learn to live freely and lightly."

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Rhythm:

A strong, regular, repeated pattern of movement or sound.

Rhythms of Grace:

God's intentional and spiritual patterns for humanity that account for the nourishment His children need for redemption, rest, and renewal as they each run their race.

Principle #1

God's tempo for your life enables you to be all that you are called to be, and it enables you to do all that God wants to do through you.

Matthew 11:28 - MSG

**Then Jesus said, “Are you tired?
Worn out? Burned out? Come to
me. Get away with me and you’ll
recover your life.**

Principle #2

God's tempo for your life is about aligning how you spend your most precious, nonrenewable resource – time – so that it matches the priorities of the Father's heart.

Matthew 11:29 - MSG

I'll show you how to take a real rest. Walk with me and work with me—watch how I do it. Learn the unforced rhythms of grace.

Principle #3

Discovering God's tempo for your life requires both awareness and intentionality as you learn to listen and move to the sound of His rhythmic beat.



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Principle #4

**Accepting the rhythm of God's
tempo for your life requires
letting it ALL go.**

Matthew 11:30 - MSG

I won't lay anything heavy or ill-fitting on you. Keep company with me and you'll learn to live freely and lightly."

Let it **ALL** Go!

Letting it all go doesn't mean quitting, abdicating your duties, running away, or giving up. It means letting go of fear, guilt, shame, stress, helplessness, insecurity, perfectionism, the double life, mask, charade, etc.

Principle #5

Embracing the rhythm of God's tempo for your life will allow you to move to God's soundtrack for your life, which is sustainable because it has built in defaults of redemption, rest, and renewal.

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His Tempo for Your Life