



OVERVIEW

This year, growing in rest has been the vision for All Souls.

welcome

“What if Christians were known as a countercultural community of the well-rested— people who embrace our limits with zest and even joy?” —Rev. Tish Harrison Warren, Austin, TX

Introduce yourself with: Your Name

+ ‘An Upgrade’ (that you are pursuing or desiring)

+ ‘A Met Need’ (that God has already provided for you today).

opening reflection

Matthew 6:19-34 19 “Do not store up for yourselves treasures on earth, where moths and vermin destroy, and where thieves break in and steal. 20 But store up for yourselves treasures in heaven, where moths and vermin do not destroy, and where thieves do not break in and steal. 21 For where your treasure is, there your heart will be also.

22 “The eye is the lamp of the body. If your eyes are healthy, your whole body will be full of light. 23 But if your eyes are unhealthy, your whole body will be full of darkness. If then the light within you is darkness, how great is that darkness!

24 “No one can serve two masters. Either you will hate the one and love the other, or you will be devoted to the one and despise the other. You cannot serve both God and money.

25 “Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more than food, and the body more than clothes? 26 Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they? 27 Can any one of you by worrying add a single hour to your life?

28 “And why do you worry about clothes? See how the flowers of the field grow. They do not labor or spin. 29 Yet I tell you that not even Solomon in all his splendor was dressed like one of these. 30 If that is how God clothes the grass of the field, which is here today and tomorrow is thrown into the fire, will he not much more clothe you—you of little faith? 31 So do not worry, saying, ‘What shall we eat?’ or ‘What shall we drink?’ or ‘What shall we wear?’ 32 For the pagans run after all these things, and your heavenly Father knows that you need them. 33 But seek first his kingdom and his righteousness, and all these things will be given to you as well.

CONSUMER CULTURE

Many of us work more than we need to because we’ve absorbed the idea that success equals busyness and accumulation. But much of this “need” is artificial, created by marketing and social comparison.

HOW LESS BECOMES MORE

Studies show that working fewer hours (and having lower income) doesn’t necessarily reduce happiness — in fact, people often report greater well-being because they have more time for relationships, hobbies, and rest.

walking toward contentment

In the context of anxiety and longing for things we don't have, or worries about having enough, Jesus invites us to do something very practical: to go on a walk. Walking, especially when we take time to notice our surroundings and the way God particularly feeds birds and clothes plants, is a reset for how we relate to what we think we need and how we receive it.

Walking Route to Westcrest Park: Follow 13th North to Barton and turn right and head East into Westcrest Park. Turn left along the cut de sac or on the dirt path and head North then turn right and go up into the park. You can follow the path left to go through the fields or right into the forest trails by the pea patch. In the forest, you can go downhill to explore the shaded woods a bit. Coming uphill will lead you back to the main park.

Start your walk by talking three big breaths. As you breathe, consider:
What does contentment look like to you? What does it feel like in your body?

Prayer to try as you walk:

Thank you Jesus for inviting me to walk with you. Give me healthy eyes to see what you see as I walk.

letting go of grasping

As you walk, notice what in your surroundings is “selling” you— ads, signage, brand names, car types, homes.

- Where do you feel pressure to be more or have more or do more?
- What messages are being marketed to you in Seattle every day?
- What are some ways you could “un-subscribe” from these messages?

opening to receive

When you arrive at the park, read aloud Matthew 6:25-29 again and let the words hang in the air. Keep walking in silence for a bit.

- What does it mean to you that plants like lillies do not labor or spin, yet are beautiful?
- What have you seen on this walk that is un-bought but still full of glory?
- Where do you experience rest?

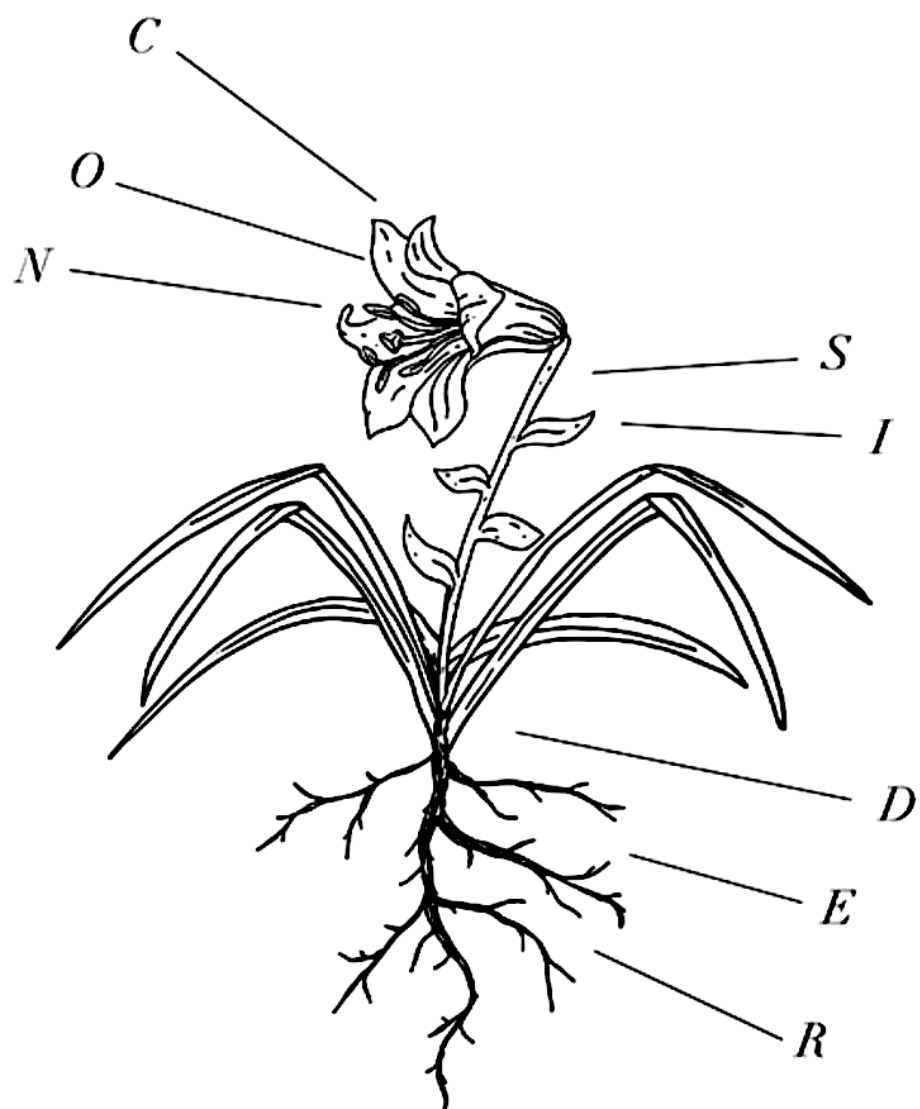
closing reflection

“Lowering your cost of living is a superpower. It lets you walk away from work that doesn't nourish you, and say no to the sales pitch of dissatisfaction.” — *The Art of Frugal Hedonism*

- What's one small way you could reorient your week around *enough* instead of *more*?

"Seek first his kingdom and his righteousness, and all these things will be given to you as well." — Mat. 6:33

- What's one small way you could seek first God's Kingdom this summer?



selected psalms for walking

Psalms 19

- 1 The heavens declare the glory of God;
the skies proclaim the work of his hands.
- 2 Day after day they pour forth speech;
night after night they reveal knowledge.
- 3 They have no speech, they use no words;
no sound is heard from them.
- 4 Yet their voice goes out into all the earth,
their words to the ends of the world.
In the heavens God has pitched a tent for the sun.
- 5 It is like a bridegroom coming out of his chamber,
like a champion rejoicing to run his course.
- 6 It rises at one end of the heavens
and makes its circuit to the other;
nothing is deprived of its warmth.
- 7 The law of the Lord is perfect,
refreshing the soul.
The statutes of the Lord are trustworthy,
making wise the simple.
- 8 The precepts of the Lord are right,
giving joy to the heart.
The commands of the Lord are radiant,
giving light to the eyes.
- 9 The fear of the Lord is pure,
enduring forever.
The decrees of the Lord are firm,
and all of them are righteous.
- 10 They are more precious than gold,
than much pure gold;
they are sweeter than honey,
than honey from the honeycomb.
- 11 By them your servant is warned;
in keeping them there is great reward.
- 12 But who can discern their own errors?
Forgive my hidden faults.
- 13 Keep your servant also from willful sins;
may they not rule over me.
Then I will be blameless,
innocent of great transgression.
- 14 May these words of my mouth and this meditation
of my heart
be pleasing in your sight,
Lord, my Rock and my Redeemer.

Psalms 96

- 1 Sing to the Lord a new song;
sing to the Lord, all the earth.
- 2 Sing to the Lord, praise his name;
proclaim his salvation day after day.
- 3 Declare his glory among the nations,
his marvelous deeds among all peoples.
- 4 For great is the Lord and most worthy of praise;
he is to be feared above all gods.
- 5 For all the gods of the nations are idols,
but the Lord made the heavens.
- 6 Splendor and majesty are before him;
strength and glory are in his sanctuary.
- 7 Ascribe to the Lord, all you families of nations,
ascribe to the Lord glory and strength.
- 8 Ascribe to the Lord the glory due his name;
bring an offering and come into his courts.
- 9 Worship the Lord in the splendor of his holiness;
tremble before him, all the earth.
- 10 Say among the nations, "The Lord reigns."
The world is firmly established, it cannot be moved;
he will judge the peoples with equity.
- 11 Let the heavens rejoice, let the earth be glad;
let the sea resound, and all that is in it.
- 12 Let the fields be jubilant, and everything in them;
let all the trees of the forest sing for joy.
- 13 Let all creation rejoice before the Lord, for he
comes,
he comes to judge the earth.
He will judge the world in righteousness
and the peoples in his faithfulness.