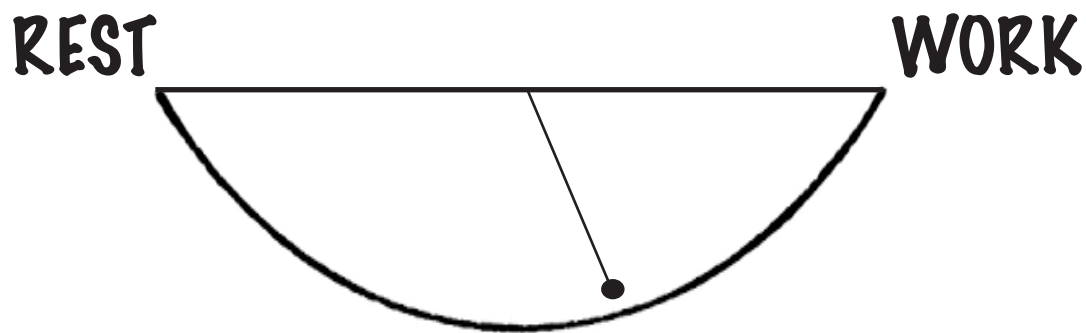


# Semi-Circle



**Key Scripture:** John 15:1-5

**Shape Teaching:**

1. Read John 15:1-5.
2. The Semi-circle is like a pendulum swinging in rhythm – back and forth. On one end of the pendulum’s arc is work and at the other end is rest. In order for the pendulum to have good rhythm and balance, you can’t have one without the other.
3. From the beginning of creation, God set the example for observing the rhythm of both work and rest. He commands His people to do the same, ending our week with Sabbath – a day of rest that will lead us into our next work week.
4. Jesus set the example for how this rhythm works when He was on earth. Though He was in high demand everywhere He went, He often went away to be alone with the Father. He then worked from a place of resting in the Father and doing what the Father told Him to do.
5. Look at John 15:1-5 again. What we hear from Jesus in this text is that everything we do (work) is from a place of remaining or abiding (rest). As we learn this rhythm we must first learn to abide. Other ways to explain abide: stay put, “make yourself at home with me” (The Message).
6. When we rest by abiding in Him we then can ask God what He wants us to do and we actually carry that abiding into our work. That’s why the work is fruitful. In our times of rest, God is able to prune away the things that get in the way of both work and rest: our compulsions, our wounds, our defenses. Abiding becomes something we are always doing, both in rest and in work.
7. There are symptoms from an over swing to either side of the pendulum. Rest: escape or crashing. Work: overwork or being too driven.
8. There are plenty of tools and disciplines that help us learn to abide: silence, solitude, contemplative prayer, and mediation. There are many other practices that help us be still and quiet with God. Use the Rhythm of Life questions in the Huddle Leader Manual.
9. This rhythm of life is contrary to the rhythms that often come natural to us. A balanced life includes both rest and work from a place of abiding. We are always attached to the vine, knowing that apart from Him we can do nothing.