

**REST**  
**JANUARY/Week 1**  
Learning To Live Out Of Your  
SOUL TATTOO

List your TOP 5 Character Strengths (there is something really powerful when you put them on paper!) and then just sit with them for a few minutes. When you're ready, give thanks for them- give thanks for how wonderfully you are made!

- 1.
- 2.
- 3.
- 4.
- 5.

Are there any in the TOP 6-10 that jump out at you? List them and give thanks for them too.

- 1.
- 2.
- 3.

As you read through them, are there any that were a surprise? Any that brought a specific memory to mind? Any that felt like a forgotten friend?

Are there any that made you think about why you might be experiencing anger, anxiety or frustration with certainly relationships or situations in your life?

Do you have a favorite one or two that you would like to begin more intentionally living out of?

A few thoughts for you marinate on as you think about your TOP 5 (or 7) Character Strengths.

### **ABOUT YOU AND GOD**

For you created my inmost being; you knit me together in my mother's womb. I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well. My frame was not hidden from you when I was made in the secret place, when I was woven together in the depths of the earth. Your eyes saw my unformed body; all the days ordained for me were written in your book before one of them came to be. Psalm 139:13-16 NIV

So God created mankind in his own image, in the image of God he created them; male and female he created them. Genesis 1:27

Israel out looking for a place to rest, met God looking for them! God told them, "I never quit loving you and never will. Expect love, love and more love! And so now I will start over with you and build you up again, dear virgin Israel. You'll resume your singing, grabbing tambourines and joining the dance." Jeremiah 31:2-4 MSG

### **ABOUT YOU, WINTER AND REST**

I prefer winter and fall, when you feel the bone structure of the landscape- the loneliness of it. Something waits beneath it, the whole story doesn't show. -- Andrew Wyeth, contemporary American Landscape Artist

Take a rest. A field that has rested gives a beautiful crop. Ovid

"How many lessons of faith and beauty we should lose, if there were no winter in our year!"--Thomas Wentworth Higginson

"Winter forms our character and brings out our best."--Tom Allen