

“WHY DO YOU CALL ME, ‘LORD, LORD,’ AND DO NOT DO WHAT I SAY? AS FOR EVERYONE WHO COMES TO ME AND HEARS MY WORDS AND PUTS THEM INTO PRACTICE, I WILL SHOW YOU WHAT THEY ARE LIKE. THEY ARE LIKE A MAN BUILDING A HOUSE, WHO DUG DOWN DEEP AND LAID THE FOUNDATION ON ROCK. WHEN A FLOOD CAME, THE TORRENT STRUCK THAT HOUSE BUT COULD NOT SHAKE IT, BECAUSE IT WAS

LUKE 6:46-49

WELL BUILT. BUT THE ONE WHO HEARS MY WORDS AND DOES NOT PUT THEM INTO PRACTICE IS LIKE A MAN WHO BUILT A HOUSE ON THE GROUND WITHOUT A FOUNDATION. THE MOMENT THE TORRENT STRUCK THAT HOUSE, IT COLLAPSED AND ITS DESTRUCTION WAS COMPLETE.”

LUKE 6:46-49

FORMATION

THE ART & SCIENCE

OF HOW WE CHANGE

VOLUME III: REST

LUKE 6

V. 46-49

FORMATION

IF I CAN **SEE IT**, THEN I CAN **DO IT**. IF I JUST
BELIEVE IT, THERE'S NOTHING TO IT. I **BELIEVE** I
CAN FLY.

R. KELLY

FORMATION



FORMATION

LUKE 6

V. 46-49

FORMATION



FORMATION

THE THINGS WE DO, DO THINGS TO US.

JAMES K.A. SMITH

FORMATION

THIS YEAR:

FORMATION

THIS YEAR:
REST

FORMATION



FORMATION

MATTHEW 11

V. 28-30

FORMATION



FORMATION

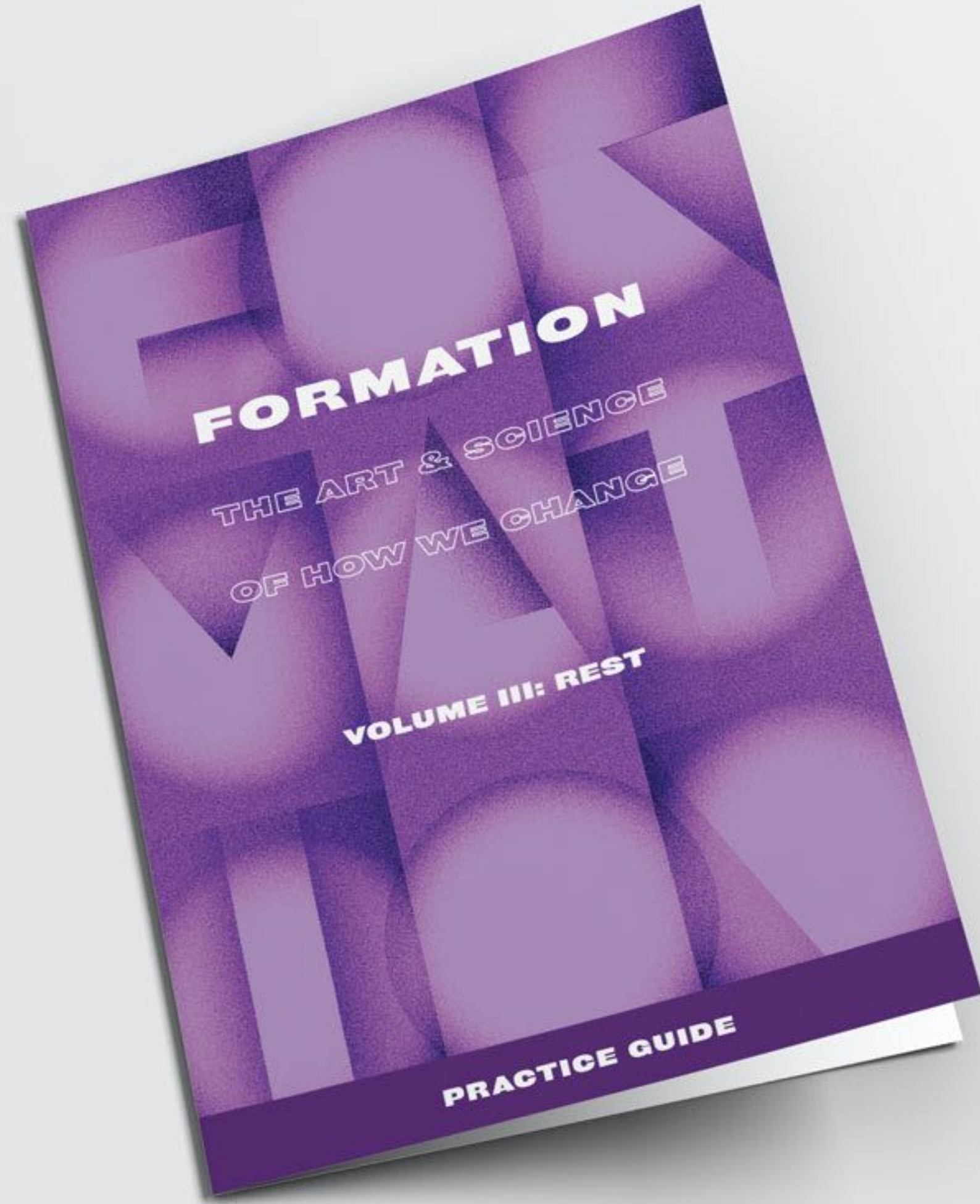
ARE YOU TIRED? WORN OUT? BURNED OUT ON RELIGION? COME TO ME. GET AWAY WITH ME AND YOU'LL RECOVER YOUR LIFE. I'LL SHOW YOU HOW TO TAKE A REAL REST. WALK WITH ME AND WORK WITH ME—WATCH HOW I DO IT. LEARN THE UNFORCED RHYTHMS OF GRACE. I WON'T LAY ANYTHING HEAVY OR ILL-FITTING ON YOU. KEEP COMPANY WITH ME AND YOU'LL LEARN TO LIVE FREELY AND LIGHTLY.

MATTHEW 11:28-30 (MSG)

FORMATION



FORMATION



Practice Guide
PDF available at
citychurchknox.com/rest



FORMATION