



Reflect

- The research data that Jeff and André cite suggests that a majority of people often feel “exhausted and overwhelmed.” Have you ever felt this way? What were the circumstances? How did it affect your relationships, health, and spiritual life?
- Jeff and André invite us to come to love the work of our partners. What do you find challenging about this? How would loving your partner’s work change dynamics in your relationship?
- We are often not taught to value rest as much as we value productivity. Why is it difficult to value rest in your own life? What does this suggest about your values, self-understanding, or view of faith?

Respond

- Jeff and André suggest a 4/4/4 principle, in which four hours a week are set aside for each partner in a relationship and four for the couple together. How does this compare to your typical week? Where would you most want to make an adjustment and what effect do you think it would have?
- Are you currently in a season of purpose or a season of rest? If you are in a season of purpose, how much longer do you plan on it lasting? What would need to happen to bring it to an end?
- In your opinion, to what extent are rest and self-care elements of a healthy spiritual life? What biblical or theological concepts would align with and reinforce the sorts of things discussed in this TheoEd Talk?