Darkwood Brew

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Questions:

1. How does rest help us access the ground of our being?

2. What stood out for you from Genesis 2: 1-3?

3. Which of our human activities seem to operate outside of the will and intentionality of God? Which seem to be in accordance? How does rest fit in?

4. What positive effects does rest have in your life? What can you do to make your life more restful?

5. What might be different if humanity embraced the concept of Sabbath?

EPISODE TITLE: "Its All Good"

On Earth as it is in Heaven, Episode 7

Featured Guest: **John Philip Newell**

John Philip Newell is a poet, peacemaker, minister and scholar, acclaimed for his work in the field of Celtic Spirituality. Based in Edinburgh, Scotland, Newell's work relates to the sacredness of the earth and the oneness of the human soul.

Pneuma Divina Scripture: **Genesis 1:24-31**

Thus the heavens and the earth were finished, and all their multitude. And on the seventh day God finished the work that he had done, and he rested on the seventh day from all the work that he had done. So God blessed the seventh day and hallowed it, because on it God rested from all the work that he had done in creation.
These are the generations of the heavens and the earth when they were created.

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