

# **Permission to Breathe: Reclaiming Your Best Self**

Lynne Hybels & Lisa Hartman

## **Session Speakers & Goal**

### **Lynne Hybels**

Lynne joined her husband, Bill, in starting Willow Creek Community Church in 1975. She is the author of *Nice Girls Don't Change the World* and co-author of *Rediscovering Church* and *Fit to Be Tied: Making Marriage Last a Lifetime*. She is involved in Willow Creek's ministry partnerships in Africa and serves as an advocate for those affected by HIV/AIDS. Lynne can be contacted at [lynne@lynnehybels.com](mailto:lynne@lynnehybels.com)

### **Lisa Hartman**

Lisa works for the Willow Creek Association as executive producer of *Defining Moments*, a monthly audio journal providing advanced training for church leaders. She is also a sought-after speaker for workshops, retreats, and church services. Lisa and her husband, Andy, have been active members of Willow Creek Community Church for over 30 years. Lisa can be contacted at [hartmanl@willowcreek.org](mailto:hartmanl@willowcreek.org)

### **Session Goal**

For participants to answer the questions that will enable them to more consistently live “at their best.”

**Question 1:**

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Personal Reflection:

**Question 2:**

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Personal Reflection:

**Here's the Key**

**Question 3:**

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**Answer:**

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**Question 4:**

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1) \_\_\_\_\_

2) \_\_\_\_\_

3) \_\_\_\_\_

**Next Steps:**

## Scripture for Reflection

“For six days work is to be done, but the seventh day is a Sabbath of rest, holy to the Lord.”

Exodus. 31:15

“He makes me lie down in green pastures, he leads me beside quiet waters, he restores my soul.”

Psalms. 23:2

“Above all else, guard your heart, for it is the wellspring of life.”

Proverbs 4:23

“Come to me, all you who are weary and burdened, and I will give you rest.”

Matthew 11:28

“Then, because so many people were coming and going that they did not even have a chance to eat, he (Jesus) said to them, ‘Come with me by yourselves to a quiet place and get some rest.’”

Mark 6:31

## Remember Jesus

I am reminded of the story of Jesus walking through a crowd of people. A woman, seeking to be healed, reached out to touch the hem of his garment. Jesus asked, *Who touched me?* His disciples said, *People are touching you all the time, what are you talking about?* But Jesus said, *I could feel power go out of me.* Deeply mindful of the flow of his life force, Jesus could feel the expenditure of energy in every encounter.

This is a useful discovery for how our days go. We meet dozens of people, have so many conversations. We do not feel how much energy we spend on each activity, because we imagine we will always have more energy at our disposal. This one little conversation, this one extra phone call, this one quick meeting, what can it cost? But it does cost, it drains yet another drop of our life. Then, at the end of days, weeks, months, years, we collapse, we burn out, and cannot see where it happened. It happened in a thousand unconscious events, tasks, and responsibilities that seemed easy and harmless on the surface but that each, one after the other, used a small portion of our precious life.

And so we are given a commandment: Remember the Sabbath. Rest is an essential enzyme of life, as necessary as air. Without rest, we cannot sustain the energy needed to have life.

*Sabbath: Restoring the Sacred Rhythm of Rest,*  
Wayne Muller

## Book & Resource Recommendations

*Sabbath Keeping: Finding Freedom in the Rhythms of Rest*, Lynne M. Baab, InterVarsity Press, 2005.

*Sacred Rhythms: Arranging Our Lives for Spiritual Transformation*, Ruth Haley Barton, InterVarsity Press, 2006.

*Nice Girls Don't Change the World*, Lynne Hybels, Zondervan, 2005.

*The Power of Full Engagement*, Jim Loehr and Tony Schwartz, Free Press, 2003.

*Sabbath: Restoring the Sacred Rhythm of Rest*, Wayne Muller, Bantam Books, 1999.

*Sacred Pathways: Discovering Your Soul's Path to God*, Gary Thomas, Zondervan, 1996.