

RESTLESSNESS IN GOD



“You have made us for yourself, and our heart is restless until it rests in you”.

(Augustine Confessions, 1,1,1)

WHAT IS RESTLESSNESS?



Restlessness

1. the inability to remain still or at rest, or a mood characterized by this:

To overcome younger students' restlessness and anxiety, one expert suggests class routines, role play activities, and other calming exercises.

2. the fact of being unable to sleep or find a comfortable position in which to sleep:

I haven't been sleeping so well lately—a mix of restlessness and staying up too late watching movies.

3. discontent or dissatisfaction that drives one to keep looking for solutions, alternatives, or new things:

We are incomplete beings yearning to be made whole, dogged by a sense of unease and restlessness.

4. perpetual movement:

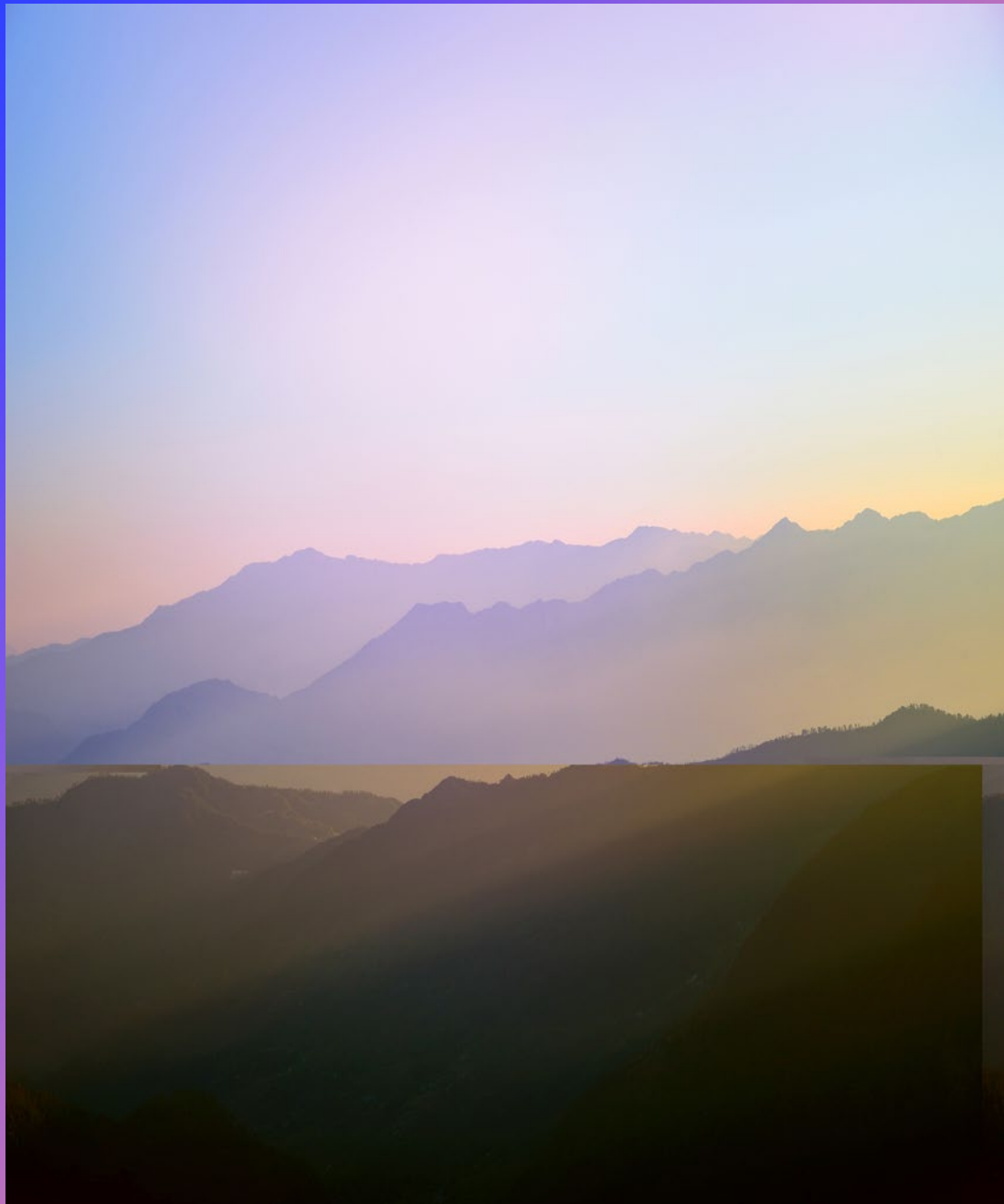
Growing up on the coast of Sydney as he did, his music is influenced by the restlessness of the ocean.



PERPETUAL MOVEMENT

Our yearning for God





Am I anxious for
God, to proclaim
God and make God
known to others?

Turn to your partner and take some time to
discuss your ideas with them.

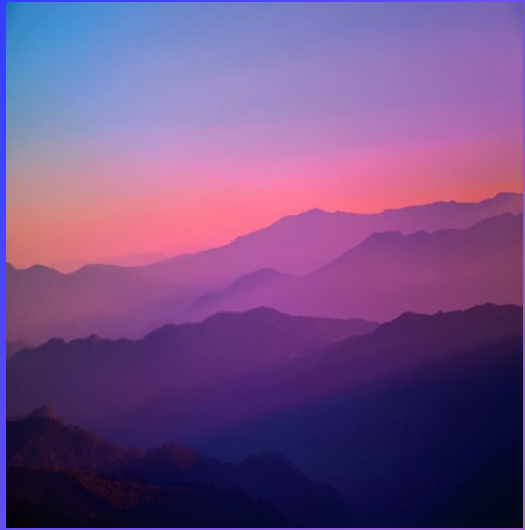
**“BUT OUR
CITIZENSHIP
IS IN
HEAVEN.”**

Philippians 3:20



This triune God allows you, impels you, to live easily with God everywhere and all the time: in the budding of a plant, the smile of a gardener, the excitement of a teenage boy over his new girlfriend, the tireless determination of a research scientist, the pride of a mechanic over his hidden work under the hood, the loving nuzzling of horses, and the downward flow of every mountain stream.

-The Divine Dance p.38



Take time to wander and feel God's presence in your life and remember:

“Not all who wander are lost” (JRR Tolkien)

**God for us, we call you Father,
God alongside us, we call you Jesus,
God within us, we call you Holy Spirit.**

**You are the eternal mystery that
enables, enfolds, and enlivens all
things,**

Even us and even me.

**Every name falls short of your
goodness and greatness.**

**We can only see who you are in what
is.**

We ask for such perfect seeing –

**As it was in the beginning, is now, and
ever shall be.**

Amen.

(The Divine Dance, p. 117)

