

# 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:

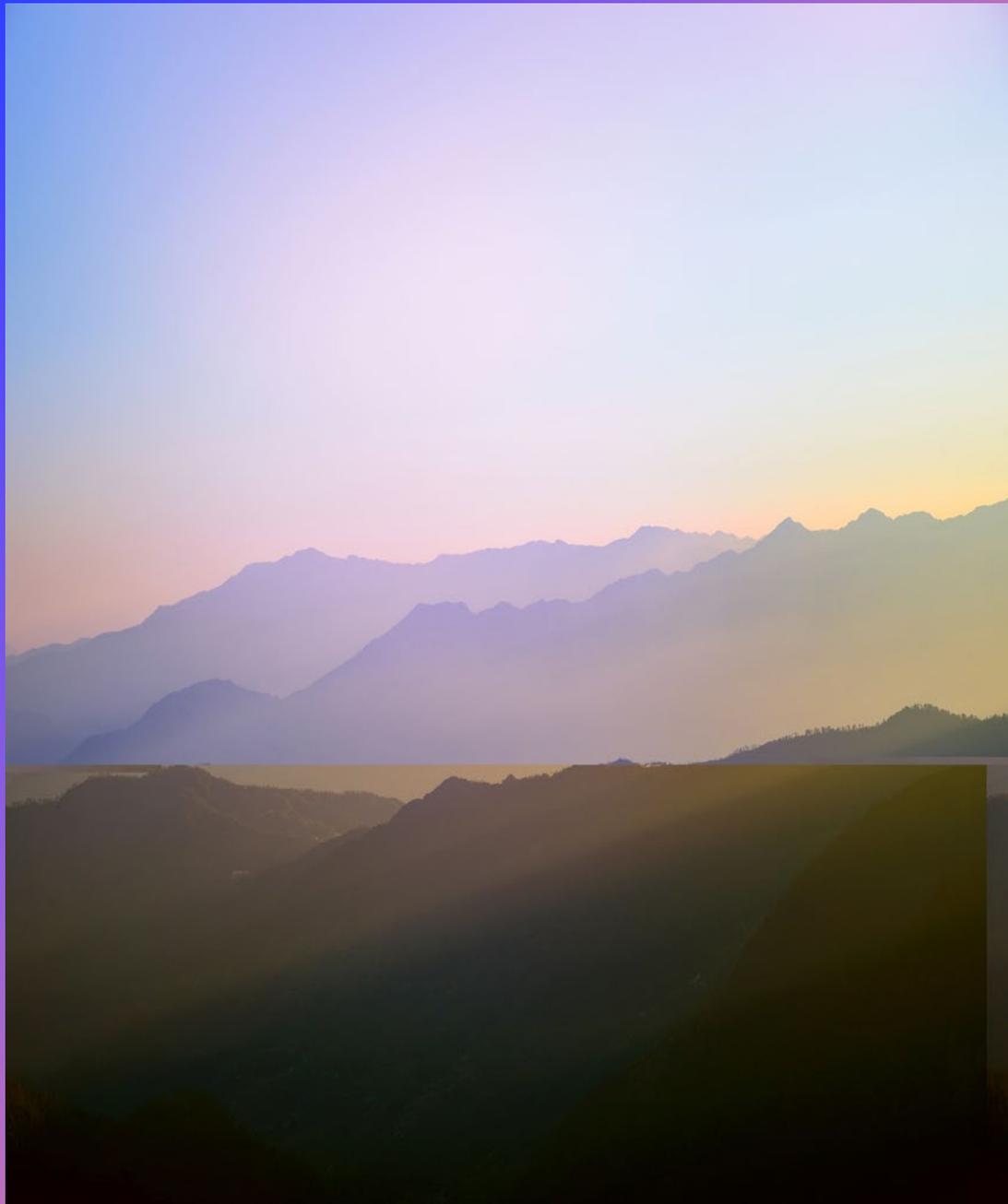
*Growing up on the coast of Sydney as he did, his music is influenced by the restlessness of the ocean.*



# PERPETUAL MOVEMENT

Our yearning for God





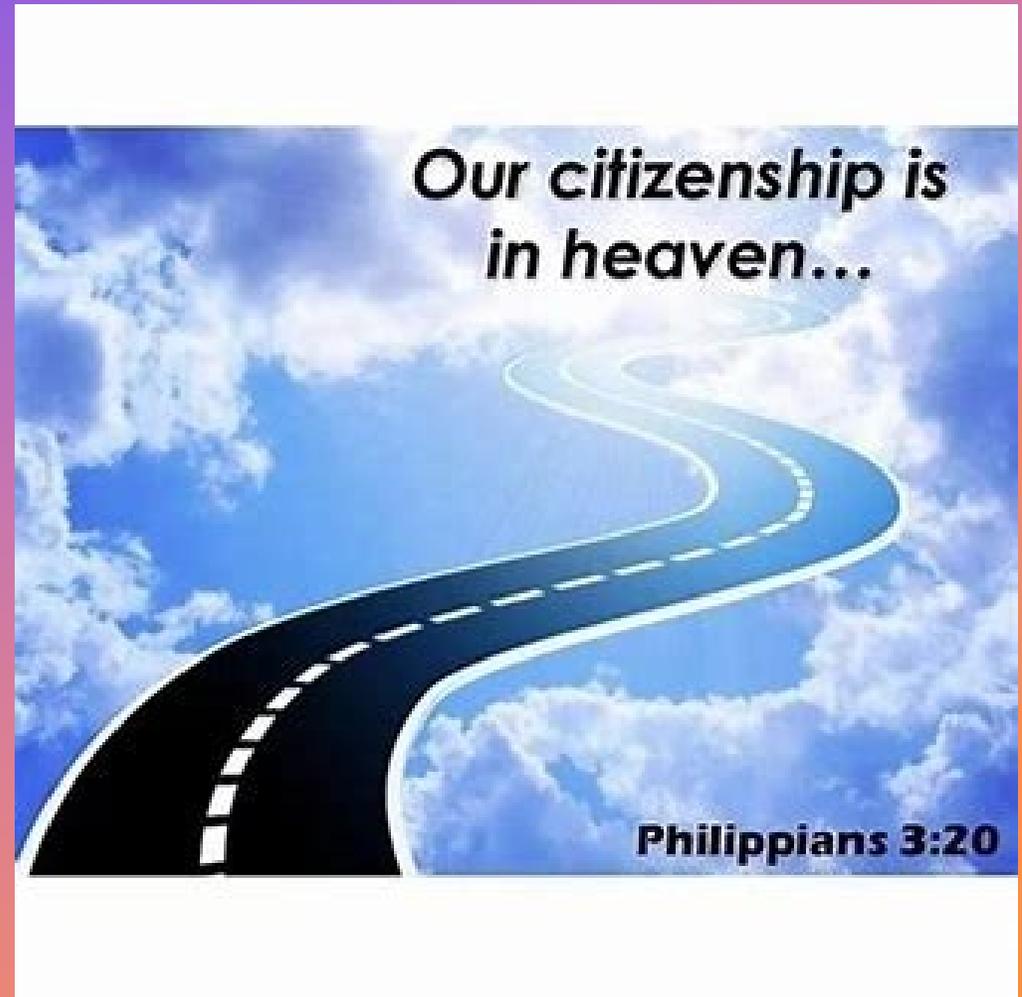
Am I anxious for  
God, to proclaim  
God and make God  
known to others?

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



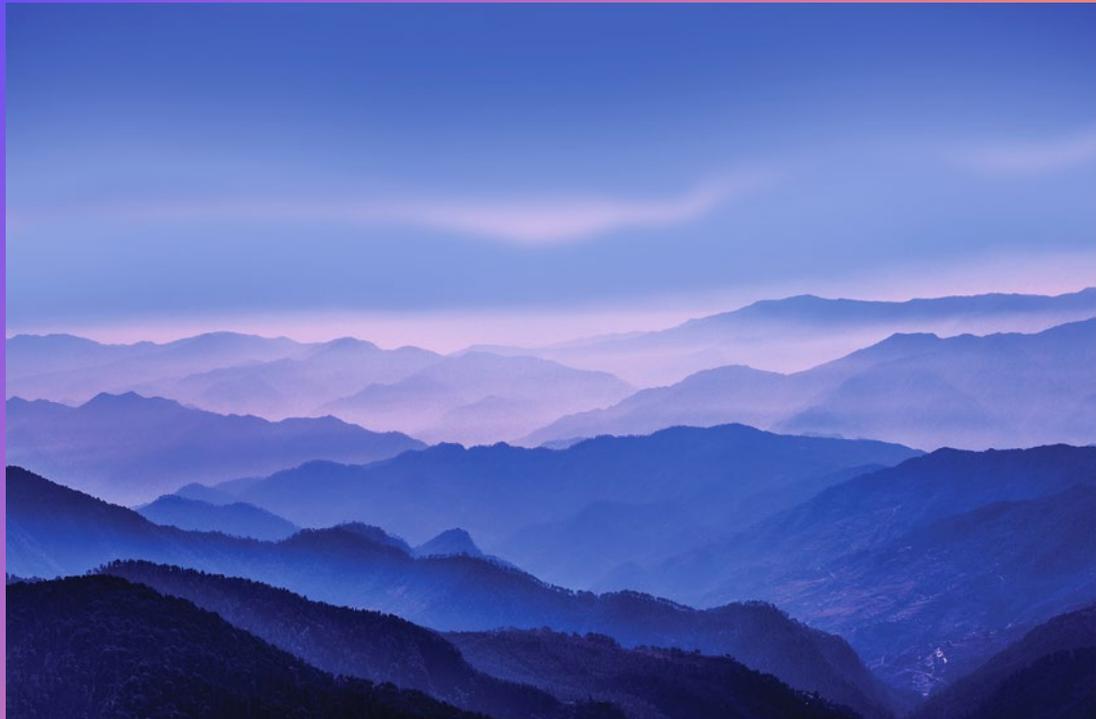
**“BUT OUR  
CITIZENSHIP  
IS IN  
HEAVEN.”**

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)

