



# Rhythms of Grace: Discovering God's Tempo for Your Life

*Kerri Weems*

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*Life is not a sprint; it's a marathon.* These well-known words of wisdom remind us to pace ourselves in the journey of life so we reach the finish line with no regrets. Pacing yourself is not as easy as it sounds. Life tends to take on a pace of its own which when left unchecked, will drive us toward burnout and fatigue. We can easily become driven by care, worry, and ambition rather than led by the Holy Spirit. We may tend to think of burnout as a modern problem, but we can see that people in Jesus' day felt their own kind of spiritual and emotional fatigue. Why else would Jesus have said these comforting words?

Are you tired? Worn out? Burned out on religion? Come to me. Get away with me and you'll recover your life. I'll show you how to take a real rest. Walk with me and work with me—watch how I do it. Learn the unforced rhythms of grace. I won't lay anything heavy or ill-fitting on you. Keep company with me and you'll learn to live freely and lightly (Matt. 11:28-30; *The Message*).

Even though he spoke these words more than two millennia ago, Jesus' call to rest and peace seem tailor-made to fit this generation.

Author Kerri Weems had let the pace and rhythm of her life get out of control. At first the consequences were only physical, but they quickly impacted her spiritual life. Since then, God has been teaching her to walk in time with him; he is teaching her to be led rather than driven. In this book, she opens up her life and shares this journey with the reader. God's best for each of us is that we go the full distance of our race, and not just crawl exhausted across the finish line. God wants us to enjoy the race and cross the line with our heads held high, a smile on our faces, and our arms lifted in a double fist-punch! Getting to that moment is all about learning the rhythms of grace and pacing ourselves for the long run.

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