

TAKE A BREAK

Charles Ness

6-25-17

*To be ALL IN is make time
and space for rest.*



The Sabbath is a reminder that you're
a human being not a human doing.

The Sabbath is about acknowledging God's place in life.

Be still, and know that I am God Psalm 46:10

Sabbath shows our trust in God.

The Sabbath is about a balanced life.

The Fourth Commandment commands work, but emphasizes rest and leisure.
Sabbath is a rhythm of life that includes rest and refreshment.

How do you recreate?

Is Sunday a day of rest or work?

Do you take time to rest

To reconnect with God

To reconnect with family

To recharge your internal batteries

MY ACTION STEP THIS WEEK:

I will take time for rest to:

Connect with God

Connect with family

Recharge my batteries