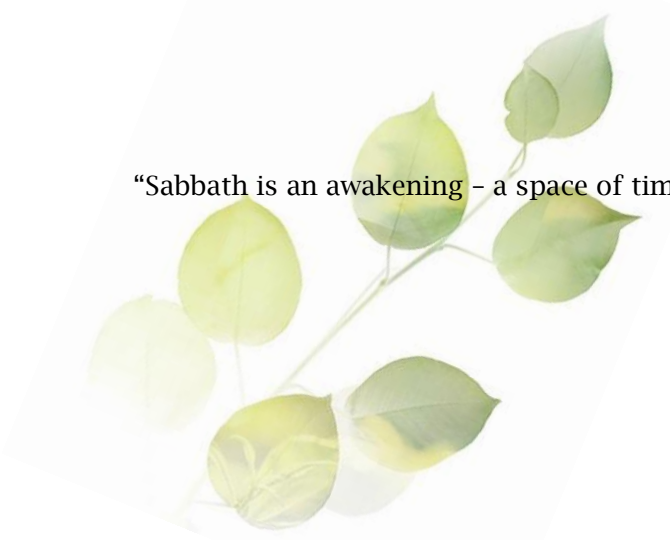


# February

## QUESTIONS & ANSWERS

“Sabbath is an awakening – a space of time containing reminders about what is most valuable.”



				1 The choice of rest is a kindness to your inner self that is desperate for conversation about calling.	2 God desires our wholeness more than a quick fix for unrest.	3 Use two words to describe how you feel today.
4 WHAT DO YOU WANT ME TO DO FOR YOU? Mark 10:36	5 When it comes to rest, Jesus wants you to tell him what you want with specificity.	6 	7 Practice telling God how you want to rest.	8 YOU ARE GOD'S MASTER-PIECE Ephesians 2:10	9 Rest is ill-defined when we value time and our worth based on productivity.	10 Wasting time is actually the most productive action you may take this week.
11 Read Exodus 23:10-13	12 Practice fifteen minutes of quiet, stillness, and reflection.	13 Sabbath requires faith and trust, but the outcomes experienced aren't only for you.	14 EVEN LAND NEEDS SABBATH REST	15 God longs for us to trust him with rest as much as the other parts of life.	16 	17 Will you trust God by “wasting” time?
18 When the mind is focused entirely on a problem, we lose sight of God's place within it.	19 SIX DAYS DO YOUR WORK, BUT ON THE SEVENTH DO NOT WORK. Exodus 23:12	20 Sabbath provides space between you and your problems.	21 	22 Write down specific steps you can take to make rest a rhythm of life.	23 Waiting for Jesus to come ultimately determines the path we take.	24 What are you missing because you are too busy to notice?
25 	26 Practice pausing. Listen to your surroundings for five minutes.	27 Relinquishment of a preferred outcome precedes the miracle of fulfillment.	28 FOR THOSE WHO LOVE GOD, ALL THINGS WORK TOGETHER FOR GOOD. Romans 8:28			

“We will have trouble in this world, but Sabbath reminds us we will always have Jesus.”

#RhythmsOfRest