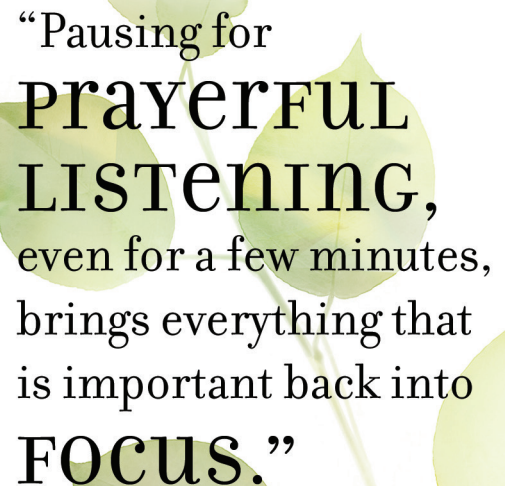


“Sabbath reminds us
that we **BELONG**
because we are already
accepted.”

—Shelly Miller, from *Rhythms of Rest*

#RhythmsOfRest

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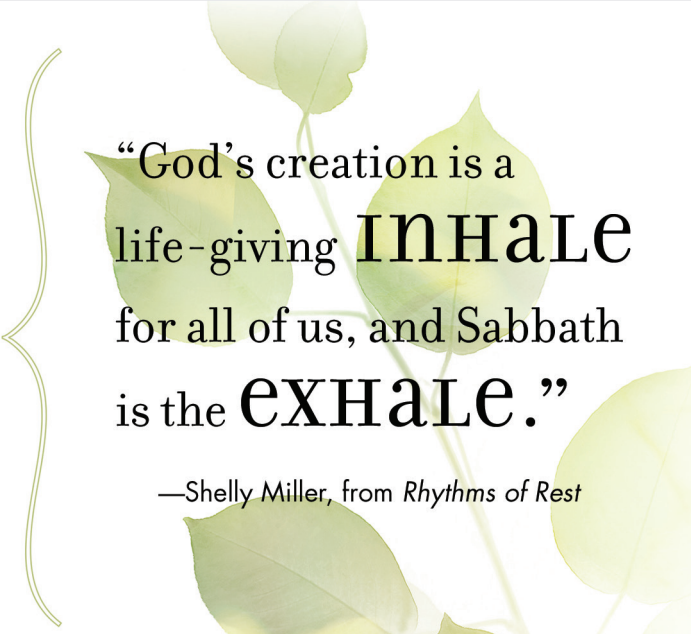


“Pausing for
PRAYERFUL
LISTENING,
even for a few minutes,
brings everything that
is important back into
FOCUS.”

—Shelly Miller, from *Rhythms of Rest*

#RhythmsOfRest

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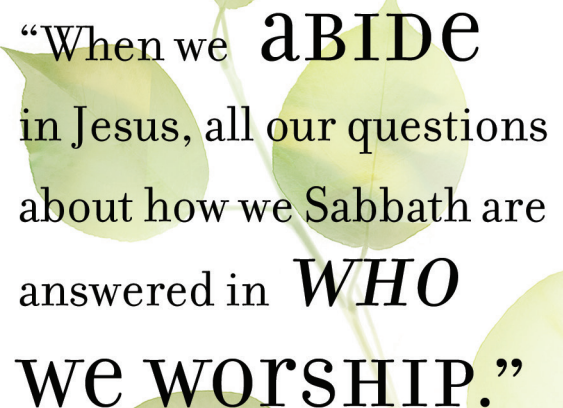


“God’s creation is a
life-giving **INHale**
for all of us, and Sabbath
is the **exHale.**”

—Shelly Miller, from *Rhythms of Rest*

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“When we **aBIDE**
in Jesus, all our questions
about how we Sabbath are
answered in **WHO**
WE WORSHIP.”

—Shelly Miller, from *Rhythms of Rest*

#RhythmsOfRest

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