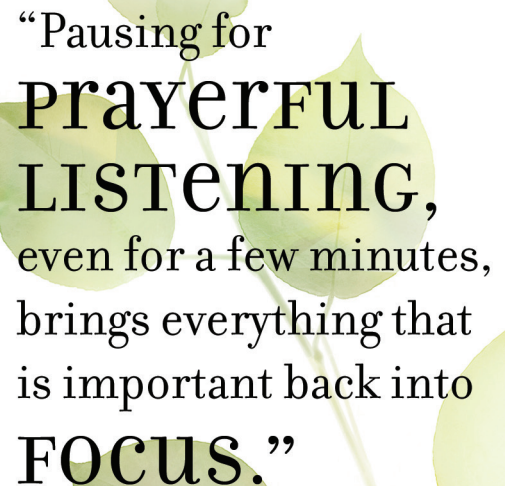


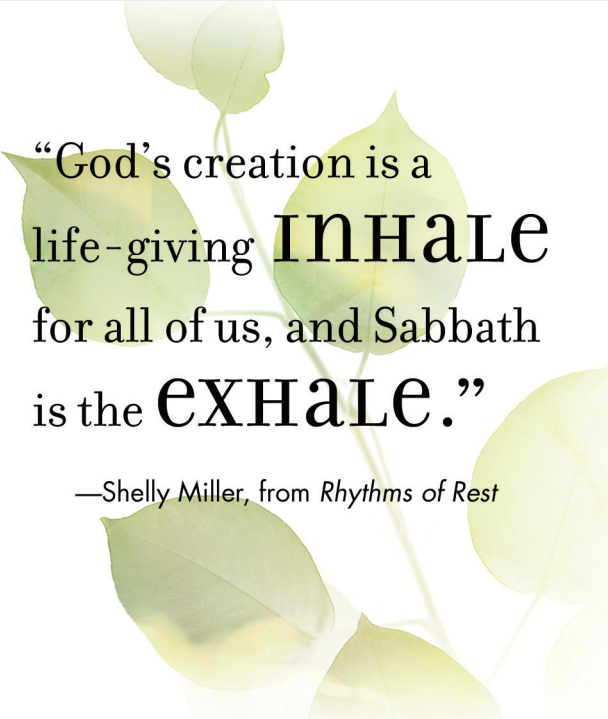
“Sabbath reminds us
that we **BELONG**
because we are already
accepted.”

—Shelly Miller, from *Rhythms of Rest*



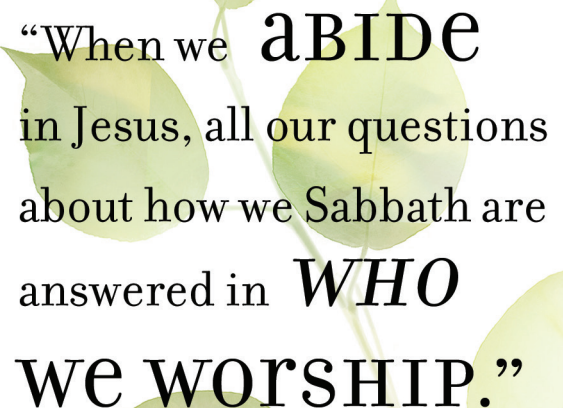
“Pausing for
PRAYERFUL
LISTENING,
even for a few minutes,
brings everything that
is important back into
FOCUS.”

—Shelly Miller, from *Rhythms of Rest*



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

—Shelly Miller, from *Rhythms of Rest*



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

—Shelly Miller, from *Rhythms of Rest*