



June

STOP OR BE FORCED TO STOP

“A forced Sabbath can be an unexpected grace—a small portal of escape when life feels big, overwhelming, and interrupted.”

				1 Have you been forced to stop because of sickness and found relief in the excuse to rest?	2 Interruptions are roadblocks to peace, or moments for trusting God deeper?	3 A forced Sabbath is a ruthless grace, pulling us out of danger and moving at a slower pace.
4 	5 Sabbath is preventive medicine.	6 “Determination grows best in the soul of pain.” —Mark Buchanan	7 Making Sabbath a rhythm of life isn't for the faint of heart; it takes courage.	8 How do you usually respond to interruptions?	9 BLESSED ARE THOSE WHOSE STRENGTH IS IN YOU. Psalm 84:5	10 What if we translated a forced Sabbath as an opportunity to deepen relationship?
11 Join the Sabbath Society for weekly encouragement at shellymillerwriter.com.	12 	13 PROBLEMS AND TRIALS HELP US DEVELOP ENDURANCE. Romans 5: 3-5	14 Choose one word to describe your week and email Shelly@redemptionsbeauty.com.	15 The way to conquer pain is in finding Jesus' still, small voice above the noise.	16 “Unnecessary noise is the most cruel absence of care that can be inflicted on the sick or well.” —Florence Nightingale	17 Rhythms reorient to what matters most.
18 Practice listening to your heart for 3 minutes and hear what God is saying.	19 BE ANXIOUS FOR NOTHING. Philippians 4:6-7	20 	21 We need conversation with Jesus like we need food to keep from wilting.	22 Choose one handful of quietness over two handfuls of hard work today. (Ecclesiastes 4:6)	23 Life is big like God's kingdom. Relationship is small town with Jesus.	24 Note how often you make decisions based on <i>shoulds</i> . Change should to delight.
25 When we give time sacrificially, we acknowledge God is the source of all we possess.	26 DON'T WORRY ABOUT MISSING OUT. ALL YOUR NEEDS WILL BE MET. Matthew 6:33	27 Practice praying. “I trust you to take care of me.”	28 	29 Sabbath is not a day off work, but a day to remember why we work.	30 Is the concept of being broken in the right places (from Chapter 6) new to you?	

“When we forget God is in control of what he creates, a forced Sabbath is a reorientation so we'll remember.”

#RhythmsOfRest
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