





“A life built upon Sabbath is contented because in **rhythms of rest** we discover our time is full of the holiness of God.”

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“When you abide with him in Sabbath, an **unshakable confidence** shines from the inside out, enticing others toward the gift of rest as well.”

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“Interchange with our Creator—**it’s a choice**, an elective he hopes you’ll pick first from the list that is keeping you busy.”

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