

Rest impacts body, mind, spirit, relationships.

Rest is part of the manufacturers operational manual.
Genesis 2:2

Rest is a spiritual activity.

When life has you over-whelmed and burned out, use the rest app. 1 kings 19: 1-9

The rest app sets up a healthy rhythm. Matthew 14:22-23

- Intense ministry (work)
- Rest
- Reflection
- Prayer
- Reengagement (God, who am I supposed to be today? What do I want to accomplish today?) Judges 16:28

Your life moves to a better place when you move at a sustainable pace.

Rest is connected to trust.

Food For Thought

For week of August 2, 2015

Turn a message into a conversation; join a friend or as a family and use the following thoughts and questions to continue the conversation from Sunday's message.

Here is some practical help for getting some rest from the sleep institute

1. Stick to a sleep schedule of the same bedtime and wake up time, even on the weekends.
2. Use bright light to help manage your circadian rhythms. Avoid bright light in the evening and expose yourself to sunlight in the morning. This will keep your circadian rhythms in check.
3. Exercise daily.
4. Wind down. Your body needs time to shift into sleep mode, so spend the last hour before bed doing a calming activity such as reading. For some people, using an electronic device such as a laptop can make it hard to fall asleep
5. Evaluate your room. Design your sleep environment to establish the conditions you need for sleep

As a tool for the rest cycle, read Psalms daily to help you reflect and pray.

Best Year Ever Prayer

Lord Jesus,

I pray that you would work in me that I might reflect you more.

I pray that you work for me that I may be blessed by you.

I pray that you work through me that I may be an instrument of your love and grace.

I give you permission to work in me, for me and through me according to your purpose

Amen