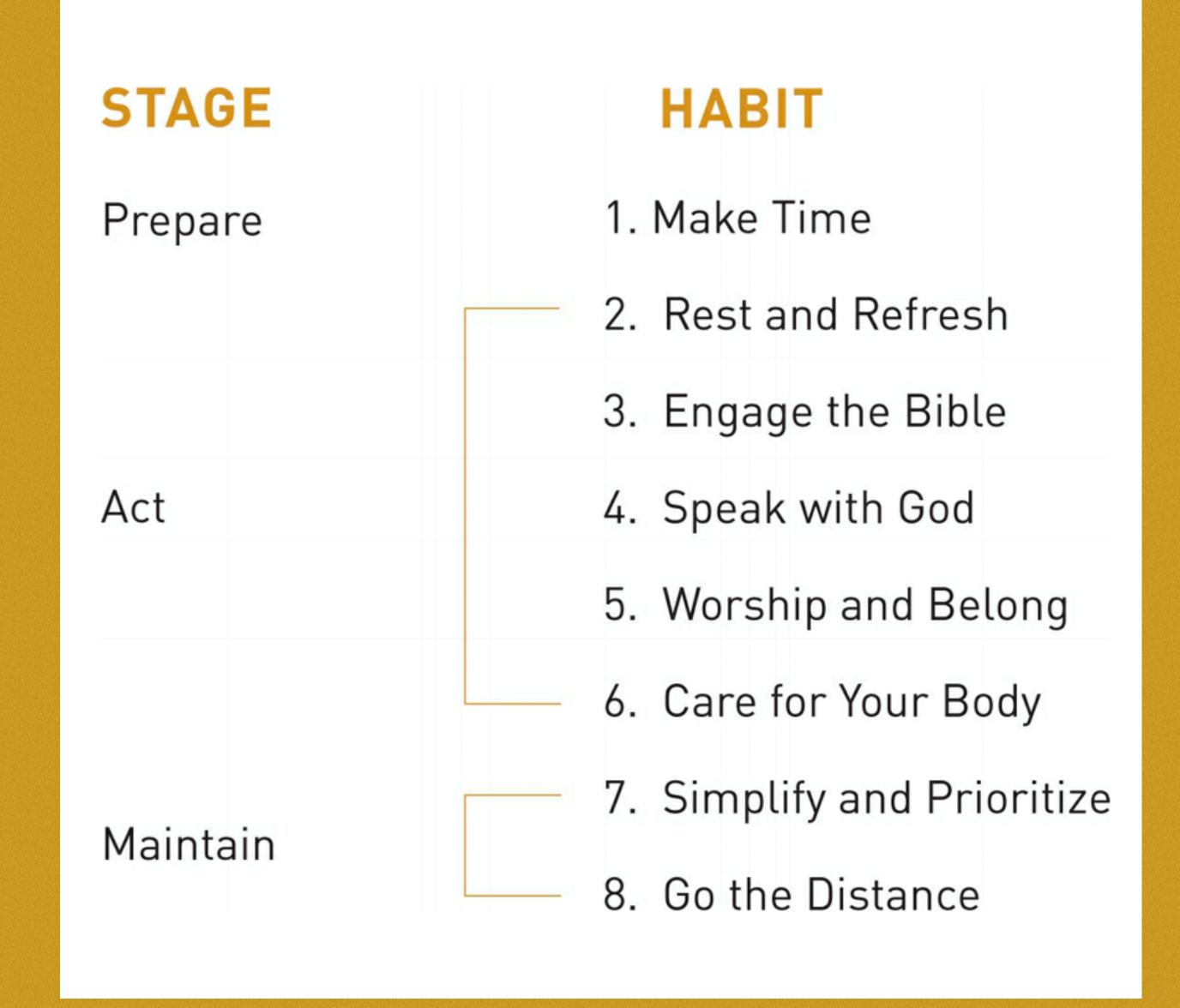
Habit #2: Rest and Refresh

Big Idea

- Big Idea: Build a rhythm of work and rest into your life.
- This Week's Challenge: Take 15 minutes each day this week to do something that refreshes you.

The Behavior Change Model



Key Ideas

- Rest is hard.
- Rest is a surprising habit.
- Rest is not a passive activity.
- Rest is choosing to pursue activities that renew and refresh you.
- Beware of pseudo-rest.

Key Ideas

- Rest is a major theme in Scripture.
- We don't lose the time we rest.
- Rest is more than physical.
- Begin to build a habit that will lead you to a Sabbath practice.

Your Assignment

- 1. Disengage and stop working, even though there's more work to do.
- 2. Release yourself from all obligations.
- 3. Turn off the screens.
- 4. Choose activities that recharge you rather than activities that look like rest but only extend weariness.
- 5. Experiment to find what brings you renewal.