



MAKING INTENTIONAL TIME TO GO UP

DEVELOPING AND MAINTAINING A HEALTHY WORK/REST BALANCE

For the season of life* you're in right now, what would a healthy work/rest rhythm look like?

DAILY	
WEEKLY	

What needs to change in your life for this work/rest rhythm to become a reality?

YOUR KAIROS. Is there anything God is saying to you? Anything He wants you to do?

**As your seasons of life change, so too will your work/rest rhythms. For instance, parents will most likely find it much harder to keep a consistent rhythm than will empty-nesters. That's OK. God knows this! Whatever stage of life you're in, do your best to embrace the gift of rest that the Lord offers. Just as God called Israel in the Old Testament to trust Him to make up for whatever they lost by not working one day a week, trust Him to do the same for you.*