

*"This is what the Lord says: "Stand at the crossroads and look; ask for the **ancient paths**, ask where the good way is, and walk in it, and **you will find rest** for your souls..."*

Jeremiah 6:16 (NIV)

HOW TO REST WELL

1. REMEMBER JESUS

*"God saved you by his grace when you believed. And you can't take credit for this; it is a gift from God. Salvation is not a reward for the good things we have done, so none of us can boast about it." **Ephesians 2:8–9 (NLT)***

*"The old system under the law of Moses was only a shadow, a dim preview of the good things to come, not the good things themselves. The sacrifices under that system were repeated again and again, year after year, but they were never able to provide perfect cleansing for those who came to worship." **Hebrews 10:1 (NLT)***

*"But our High Priest offered himself to God as a single sacrifice for sins, good for all time. Then he sat down in the place of honor at God's right hand." **Hebrews 10:12 (NLT)***

2. CELEBRATE FATHER'S DAY EVERY WEEK

3. ESTABLISH A HEALTHY RHYTHM

- Divert daily
- Withdraw weekly
- Abandon annually