
EMOTIONALLY HEALTHY SPIRITUALITY

WK 7 – RHYTHM OF REST & RENEWAL

Matthew 11:28-30, Exodus 20:8-11

We all have _____.

Sabbath is about _____ and learning to
_____.

What is _____ all about?

- It _____ us that we're no longer
_____.
- It _____ that we are _____ in the
_____ of _____.
- It _____ us to _____.
- It _____ us to _____.

What does _____ look like in _____
_____?