

Unplug To Recharge

Rest without Rigidity series

by Chris Famisaran

Mark 1:35, Luke 5:16, Matthew 14:13, 23, Mark 6:31-32

Unplugging To Recharge:

- Requires intentionally seeking solitude over staying busy.
- Sets up healthy boundaries
- Allows you to lead with energy.
- Leads you to better decision making.
- Prepares you to engage with others and accomplish important tasks.

Reflection: How can you influence others to unplug and find rest to recharge?

Challenge: Brainstorm as an individual and family on 3 ways you can unplug on the Sabbath, and implement them this coming week.