

Becoming *a Woman* ^{that} **C.A.R.E.S.**

I am blessed when I rest.

On the seventh day God had finished his work of creation, so he rested[a] from all his work. And God blessed the seventh day and declared it holy, because it was the day when he rested from all his work of creation. -Genesis 2:2-3

Sabbath Day of Rest

Principles to remember:

1. Pick one day a week and avoid appointments or obligations.
2. Plan crockpot meal or take-out for meals.
3. Consider turning off your electronic devices to minimize distractions.
4. Ponder the questions below and spend some time in prayer.
5. After reflection, engage in activities (like hobbies) that uplift you.
6. If you have small kids or you are a caregiver, plan to read books, tell stories or play.

QUESTIONS TO REFLECT UPON DURING YOUR SABBATH REST:

1. What did you celebrate this week?
2. When did you struggle this week?
3. Reflect on your relationship with God.
 - a. Where do you need to re-align your **MIND** with God's thoughts?
 - b. Where do you need to re-align your feelings (**HEART**) with God's heart?
 - c. Where do you need to re-align how you use or take care of your **BODY** to honor God?
 - d. What is the condition of your soul? What leadings/whispers do you sense from God?

MY SABBATH IMPRESSIONS: