

Overcoming Overwhelmed

Making Imperfect Progress

Devotional Verse

Exodus 20:8 (ESV)

Remember the Sabbath day to keep it holy.

Bad Rule

If I'm intentional, I'll never be overwhelmed.

Focus on the Truth

Life can be overwhelming, but when chaos happens, I can find my way back to peace.

Digging Deeper

1. Kathi recommends being a person who gives a qualified "no" and a joyful "yes." What is something(s) on my calendar I need to say no to so that the yesses have room?

2. Sabbath is not just a concept in the Bible. How can I create Sabbath in my life?

3. What physical, spiritual, emotional and relational things can I do intentionally to make my Sabbath day different? (There's no wrong answer)

4. Grace will take you places hustling can't. What does this mean to me?

Prayer

Dear Lord, Help me create a Sabbath that fits me and honors you. Help me to be creative and trust this process. Show me the way when I can't seem to see it for myself. Thank you that you want this for me and I can count on you to help me. In Jesus Name, Amen



"You don't need boundaries when everyone is willing to own their part." ~Amy Carroll



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Notes

