



**Soul-Care IS Self-Care:**  
**Soul Rest**  
*Tom Deviney*



## **Proverbs 6:6–11**


**Go to the ant, you lazybones; consider its ways, and be wise. Without having any chief or officer or ruler, it prepares its food in summer, and gathers its sustenance in harvest.**



**How long will you lie there, O  
lazybones? When will you rise from your  
sleep? A little sleep, a little slumber, a  
little folding of the hands to rest, and  
poverty will come upon you like a  
robber, and want, like an armed warrior.**



**“Traditional working hours in the US are Monday to Friday from 9:00am to 5:00pm, with half an hour for lunch. However, workplaces are becoming more flexible, and many companies allow their employees to set their own work schedules.**



**While the standard work week is 40 hours long, many Americans end up working notoriously long hours. This is because, in the US, your work day doesn't end when you go home. Employees are generally expected to keep up with emails and deadlines after work, and the higher you move up the career ladder, the more will be expected of you.**



**you're used to European holiday times, American holiday schemes can seem pretty brutal. The US doesn't guarantee its workers any paid vacation time or parental leave, instead leaving it up to individual employers to provide these. Most new employees receive just one or two weeks of paid vacation per year, and it can take up to 10 years to work your way up to four weeks. Perhaps most surprisingly, many Americans don't even end up taking all of their vacation days.**



**If you have more of a 'work-to-live' and not 'live-to-work' attitude, the American work environment can take some getting used to. People here strongly identify with their jobs, and they are willing to put in the hard work."**

***"Just Landed"  
USA Guide***



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**Not resting affects your overall health as well, not just the muscles that you're using for your workout. When you're constantly exercising and not allowing your body to recover, you can overtax your immune system, which will struggle to keep up with all of the repairs that it's trying to make to your body. A weakened immune system leads to injuries and illness.**



**And rest isn't just vital to your physical health, it's also important for your mental health. People who exercise constantly, day in and day out, often experience mental burnout. That is, they lose the mental edge they need to workout effectively and this leads to a lack of motivation and poor performance. Allowing a day off here and there will likely result in more enthusiasm and energy the next time you exercise.**



Often, the most difficult part of taking a rest day is convincing yourself that it's okay to take a rest day. If you're running into that problem, try scheduling your rest days in advance and thinking of them as a built-in part of your exercise routine. And remember that getting the proper rest between workouts will lead to a healthier lifestyle and more prolonged and positive effects from your exercise."

*Sport and Spine Orthopaedics website*




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 **Genesis 2:1–3**


**Thus the heavens and the earth were finished, and all their multitude. And on the seventh day God finished the work that he had done, and he rested on the seventh day from all the work that he had done. So God blessed the seventh day and hallowed it, because on it God rested from all the work that he had done in creation.**

 Exodus 20:8–11

**Remember the sabbath day, and keep it holy. Six days you shall labor and do all your work. But the seventh day is a sabbath to the Lord your God; you shall not do any work – you, your son or your daughter, your male or female slave, your livestock, or the alien resident in your towns.**



**For in six days the Lord made heaven and earth, the sea, and all that is in them, but rested the seventh day; therefore the Lord blessed the sabbath day and consecrated it.**




**Remember Who You Are:  
“You are not God.”**

**Remember Whose You Are:  
“Entrust your needs to the God who  
created you, sustains you, and saves you.”**

**Give Your Mind True Oxygen:  
“Learn more about God and draw nearer  
to Him.”**

***Maggie Combs***





**Light a candle, alone or with friends. Let each of you speak about those things that are left to do, and as the candle burns, allow the cares to melt away. Do not be anxious about tomorrow, said Jesus. The worries of today are sufficient for today. (Matthew 6:34) Whatever remains to be done, for now, let it be. It will not get done tonight. In Sabbath time we take our hand off the plow, and allow God and the earth to care for what is needed. Let it be”**

*Ruth Haley Barton*



## **Three Basic Principles:**

**Cease our work and delight in God's good gifts.**

**Establish a regular rhythm of Sabbath.**

**Sabbath is primarily a communal discipline**



## **Things Not To Do:**

**Work**

**Buying and Selling**

**Worry!**



## **Things To Trust God To Do:**

**Rest your body**

**Replenish your spirit**

**Restore your soul**



**Practice:**

**What activities will I refuse to engage in so that it is truly a day of rest, worship, and delight?**

**What activities bring me delight, and how will I incorporate them? (Don't overplan!)**

**Put the date on your calendar and pray that God will help you to honor this Sabbath and keep it holy.**



## **Isaiah 58:13–14**

**If you refrain from trampling the sabbath, from pursuing your own interests on my holy day; if you call the sabbath a delight and the holy day of the Lord honorable; if you honor it, not going your own ways, serving your own interests, or pursuing your own affairs;**



**then you shall take delight in the Lord,  
and I will make you ride upon the  
heights of the earth; I will feed you with  
the heritage of your ancestor Jacob, for  
the mouth of the Lord has spoken.**



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