



## TAKE A DEEP BREATH: REST & RHYTHMS IN A FRANTIC WORLD

JEREMY BELL, TEACHING PASTOR

*GENESIS 1:1-5, 26-28, 2:1-3 (NIV)*

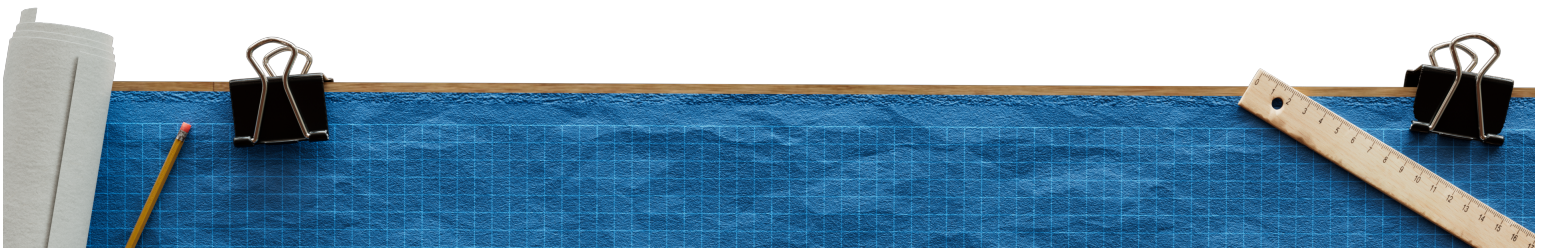
1:1 In the beginning God created the heavens and the earth. 2 Now the earth was formless and empty, darkness was over the surface of the deep, and the Spirit of God was hovering over the waters. 3 And God said, “Let there be light,” and there was light. 4 God saw that the light was good, and he separated the light from the darkness. 5 God called the light “day,” and the darkness he called “night.” And there was evening, and there was morning—the first day.

26 Then God said, “Let us make mankind in our image, in our likeness, so that they may rule over the fish in the sea and the birds in the sky, over the livestock and all the wild animals, and over all the creatures that move along the ground.” 27 So God created mankind in his own image, in the image of God he created them; male and female he created them. 28 God blessed them and said to them, “Be fruitful and increase in number; fill the earth and subdue it. Rule over the fish in the sea and the birds in the sky and over every living creature that moves on the ground.”

2:1 Thus the heavens and the earth were completed in all their vast array. 2 By the seventh day God had finished the work he had been doing; so on the seventh day he rested from all his work. 3 Then God blessed the seventh day and made it holy, because on it he rested from all the work of creating that he had done.

# Notes

(THE STUFF THAT STICKS OUT TO ME)



# Going Deeper

(SOME IDEAS TO PUT IT INTO PRACTICE)

## QUESTIONS TO PONDER:

What resolutions have you made this year (formally or informally)? What are some changes you'd like to make?

Read through Genesis 1-2:3. What sticks out to you? What patterns do you notice?

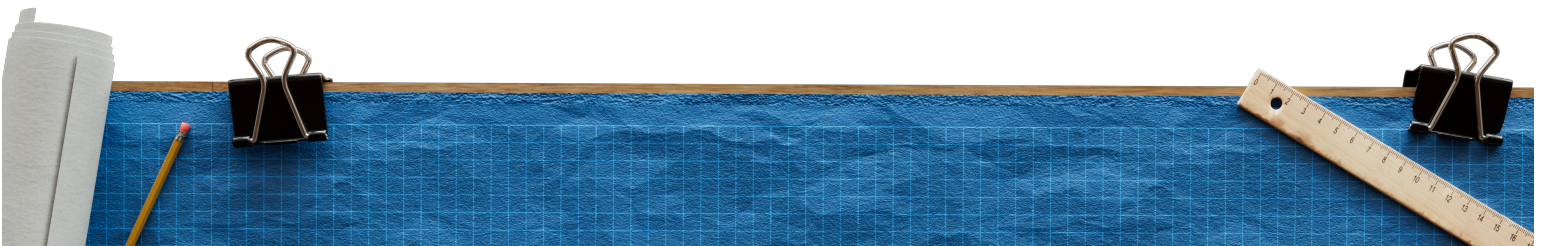
Exodus 16:29 says that the Sabbath (day of rest and “ceasing”) is a gift that God has given to us. How does this change how you look at Sabbath time? What would it look like to be more intentional with your habits and rhythms this year? What priorities do you want to build into each day, week, month?

## A VERSE TO MEMORIZE:

Matt. 11:28 (NLT) - Jesus said, “Come to me, all of you who are weary and carry heavy burdens, and I will give you rest.”

## TAKE A STEP:

What's one healthy habit (rhythm) you can personally begin this year? What's one you can begin as a family?



# All In, Together

## END OF YEAR REPORT

### GENERAL OFFERING

2022 Annual Budget:	\$509,648
2022 Weekly Budget:	\$9,616
2022 Final Week:	\$13,137
2022 Total Given:	\$476,748
Difference:	(\$32,900)

### BUILD YOUR CHURCH FUND

BYC Final Week:	\$2,143
BYC Total Given:	\$321,934

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