



Chill Week 1

July 12, 2026

SO WHAT ARE WE TALKING ABOUT TODAY... HOW TO REST, WORRY LESS,
REDUCE STRESS AND CONTROL ANGER

I'M NOT GOOD AT ANY OF THESE...BUT WORKING TO GET BETTER!

HOPEFULLY THIS SERIES WILL HELP ALL OF US...NOT JUST ME!

DEATH SCROLL: The habit of getting stuck scrolling through an endless media feed and no longer have the willpower to stop consuming content until you are exhausted.

THAT IS THE OPPOSITE OF REST! IRONICALLY THE PHONE CAN STRESS YOU OUT
OR EVEN MAKE YOU ANGRY!

3 John 1:2 GW Dear friend, I know that you are spiritually well. I pray that you're doing well in every other way and that you're healthy.

THE GOAL IS HEALTH AND OUR HEALTH REQUIRES REST!

Matthew 11:28-30 MSG Are you tired? Worn out? Burned out on religion? Come to me. Get away with me and you'll recover your life. I'll show you how to take a real rest. Walk with me and work with me—watch how I do it.

HOW DID HE DO IT? GET AWAY WITH JESUS!

Luke 5:16 NCV But Jesus often slipped away to be alone so he could pray.

HOW OFTEN DO YOU TAKE TIME TO SLIP AWAY AND REST WITH JESUS!

Psalm 23:2-3 NIV He makes me lie down in green pastures, he leads me beside quiet waters, he refreshes my soul.

IF WE DON'T LEARN TO DO THIS...GOD WILL MAKE YOU!

Ecclesiastes 3:1 EASY Everything that we do on the earth has a proper time.

EVALUTE YOUR REST SCHEDULE! WE KNOW OUR WORK SCHEDULE... NOW TAKE
THE TIME TO LOOK AT YOUR REST SCHEDULE!

Genesis 2:2 ERV God finished the work he was doing, so on the seventh day he rested from his work.

START WITH SUNDAY! DON'T LEAVE GOD OUT

Psalm 62:1 NIV Truly my soul finds rest in God...

Proverbs 22:6 LB Teach a child to choose the right path, when he is older, he will remain upon it.

WHAT PATH ARE YOU KIDS ON? EXHAUSTED! STRESSED! WORRIED? TAKE TIME TO UNWIND!