

# Peace and Rest

Ecclesiastes 3:1-14

The Importance of Seasons = So that we might have a proper work/rest balance.

**Big Idea:** When we ignore the seasons of our lives, we do violence to our souls. Summer is a time to do less and be more.

## 3 Foundational Principles for A Biblical Theology of Vacation/Rest:

### 1. Daily Rest (Sleep). *(Ps. 127:2)*

**Action Step:** Enjoy Sleep! (Prayer of Examen)

### 2. Weekly Rest (Sabbath).

**Why Sabbath?** (Exodus 20:8-11)

a) A healthy rhythm of work/rest.

b) To rescue us from slavery and to enjoy life.

**The 4 Elements of Sabbath:**

- 1) Stop Work
- 2) Enjoy Rest
- 3) Practice Delight
- 4) Contemplate God

**Action Step:** Enjoy a weekly Sabbath

### 3. Yearly Rest/Vacation/Celebration. *(Mark 6:30-32)*

**Action Step:** Enjoy a yearly Extended Rest.