

PAUSE





**There remains then, a Sabbath
rest for the people of God;
for anyone who enters God's rest
also rests from their works,
just as God did from his.**

Hebrews 4:9-10



Let us, therefore, make every effort to enter that rest, so that no one will perish by following their example of disobedience.

Hebrews 4:11



God calls us to regularly
move from **rush** to **rest**.



You can't have perpetual
progress without **pause**.



If you keep a rhythm of
rest it will also **keep** you.



God created Sabbath to
serve man, not to **enslave** him.