

Upside Down Kingdom Principle:

Work from our rest, rather than rest from our work.

Experience Sabbath

Daily	Daily Devotions, Lectio 365 App
Weekly	Worship
Monthly	Doing something that fills you up Taking a day for yourself
Annually	Silent Retreat, Vacation

Sabbath Reflection

Hear God's voice - Reflect on Scripture

Ask God the following questions as you reflect:

What are You trying to say?

What do You want me to do?