

## REST

## RISE

	CROWDED	SPACE	STUFFED	FILLED	NEXT STEP
<b>Physical</b>	Too much snacking	"I am the bread of life" John 6:35	Meal planning overwhelm	"Better is a dinner of herbs where love is" Proverbs 15:17	
<b>Relational</b>	Saying "yes" to everything	"Come to me" Matthew 11:28	Stressful traditions	"weightier matters of the law: justice, and mercy and faithfulness" Matthew 23:23	
<b>Emotional</b>	No time to feel	"Jesus wept" John 11:35	Good vibes only	"In this world you will have trouble. But take heart! I have overcome the world." John 16:33	
<b>Intellectual</b>	Too many outside voices	"My sheep listen to my voice" John 10:27	Seeking information and never arriving at the truth	"The fear of the Lord is the beginning of knowledge" Proverbs 1:7	
<b>Environmental</b>	Unused clutter	"throw off everything that hinders" Hebrews 12:1	Meaningless stuff	"I am the light of the world." John 9:5	
<b>Vocational</b>	Feeling incompetent and overwhelmed	"His power is made perfect in weakness" 2 Corin 12:9	Too much unfinished work	"He who began a good work in you will complete it" Phil 1:6	

**REST**

**RISE**

CROWDED

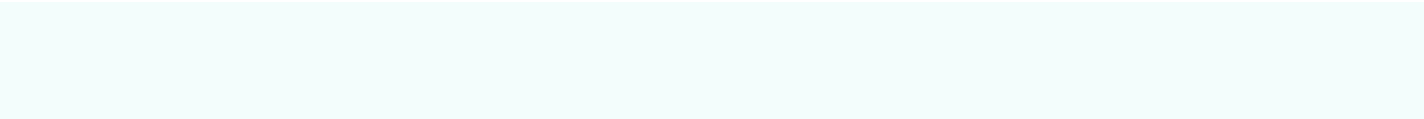
SPACE

STUFFED

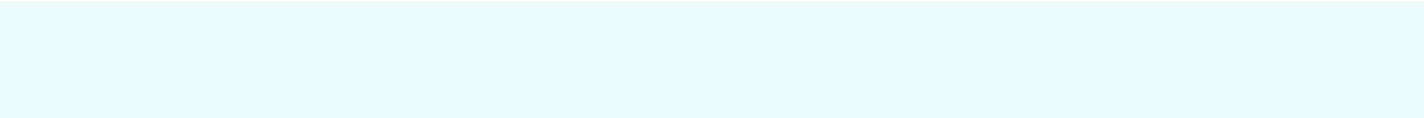
FILLED

NEXT STEP

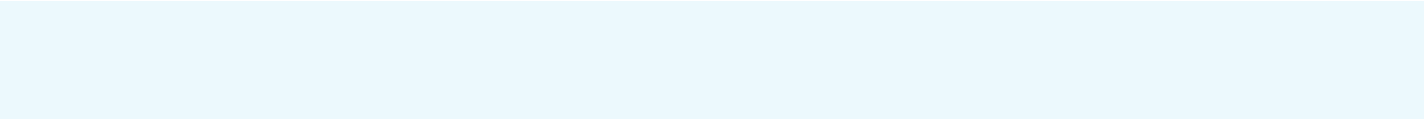
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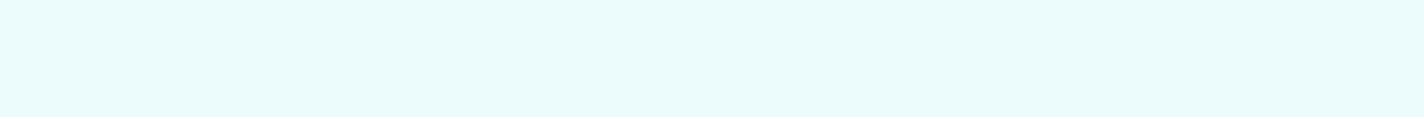
Relational



Emotional



Intellectual



Environmental



Vocational

