

DISCONNECT

"Rest is not idleness, and to lie sometimes on the grass under trees on a summer's day, listening to the murmur of the water, or watching the clouds float across the sky, is by no means a waste of time."

– John Lubbock

Psalm 23:2

He makes me lie down in green pastures. He
leads me beside still waters.

“When you rest, realize it is not simply ceasing from activity..it is a gift from God.”

– Dillon Burroughs

Mark 6:31

And he said to them, "Come away by yourselves to a desolate place and rest a while." For many were coming and going, and they had no leisure even to eat.

Isaiah 56:2

Blessed are all those who are careful
to do this. Blessed are those who
honor my Sabbath days of rest and
keep themselves from doing wrong.

“Rest shows us who God is. He has restraint. Restraint is refraining from doing everything that one has the power to do. We must never mistake God's restraint for weakness. The opposite is true. God shows restraint; therefore, restraint is holy.”

– Matthew Sleeth

Exodus 20:11

For in six days the Lord made
the heavens, the earth, the sea,
and everything in them; but on
the seventh day he rested.