



Reclaim Sabbath

God's gift for us to **THRIVE**

Beginning now, for 2018, let's encourage each other to re-engage with Sabbath living, a foundational gift from God.

Throughout the year, we will . . .

- Learn how we can reclaim healthy rhythms in our lives
- Discover how we can be better stewards of our bodies and minds
- Share resources on intentionally reclaiming the Sabbath
- Explore how Sabbath can involve our families

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Jesus said, "**The Sabbath was made to serve us; we weren't made to serve the Sabbath.**"
- Mark 2:27