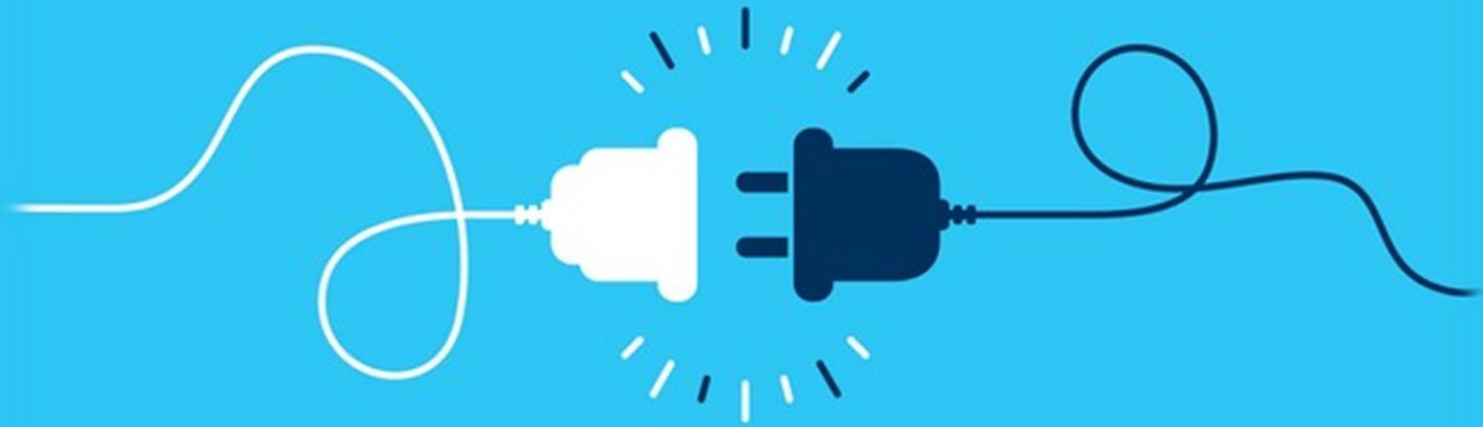
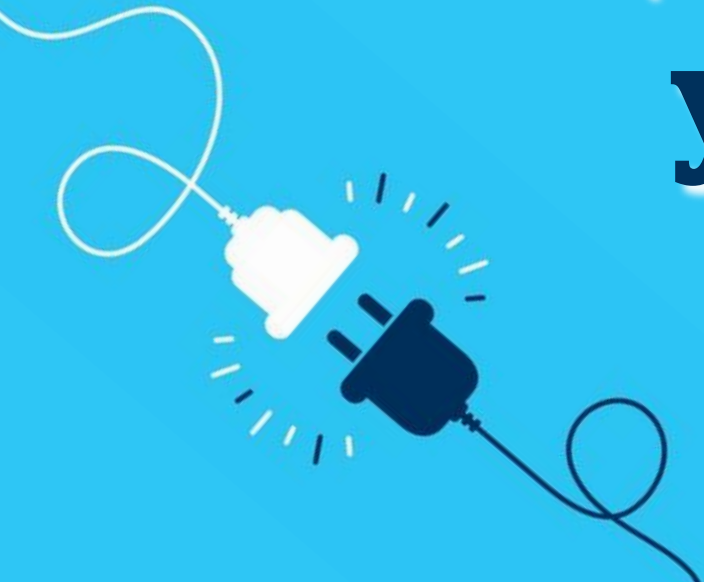


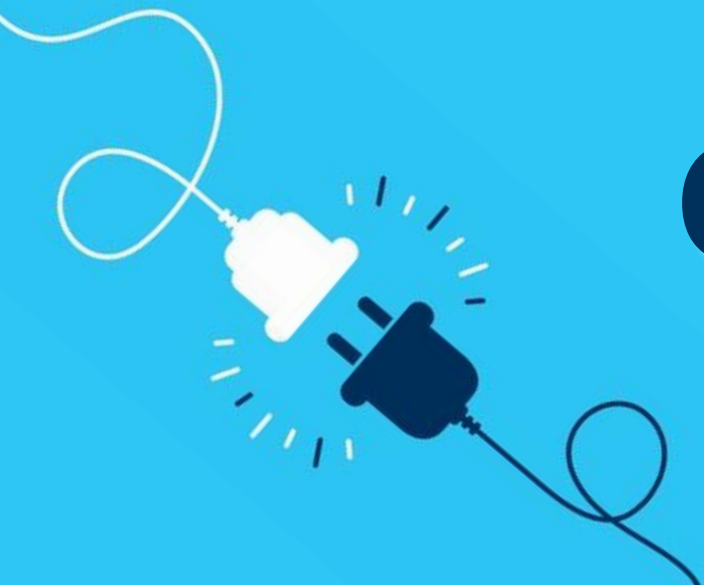
God invites you to get
Unplugged



There comes a time
(more often than not)
when life feels so heavy
(mind, body, and spirit)
you just need to
UNPLUG



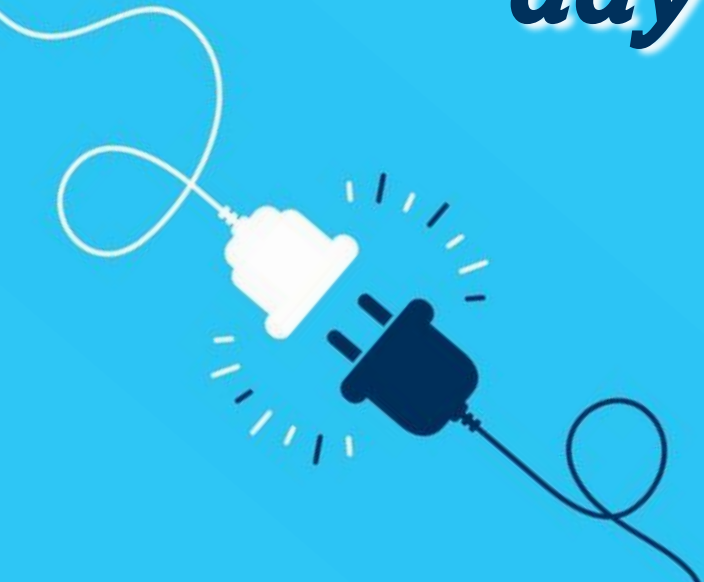
- Stressed Out** ☒
- Often Irritated** ☒
- Feeling Rundown** ☒
- Out of Touch** ☒
- Overwhelmed** ☒



Unplugged = Sabbath

***And God blessed the seventh day
and declared it holy, because it was the
day when he rested from all his
work of creation.***

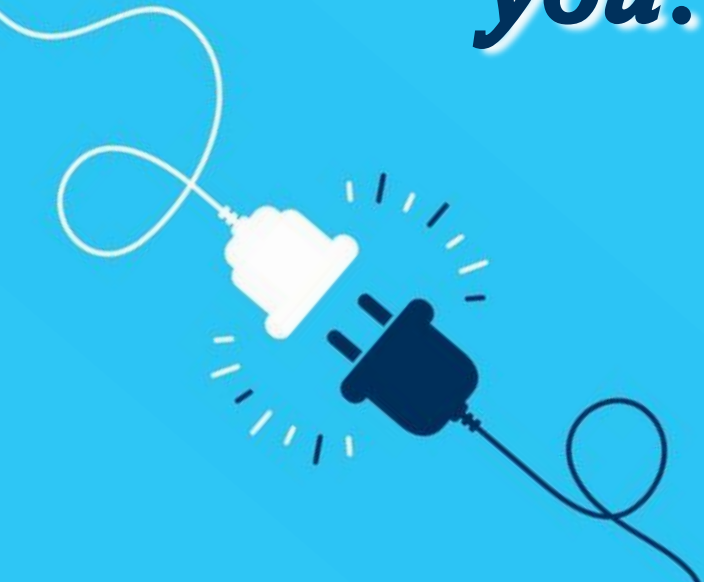
- Genesis 2:3



Unplugged = Sabbath

Observe the Sabbath day by keeping it holy, as the Lord your God commanded you... a day of rest dedicated to the Lord your God.

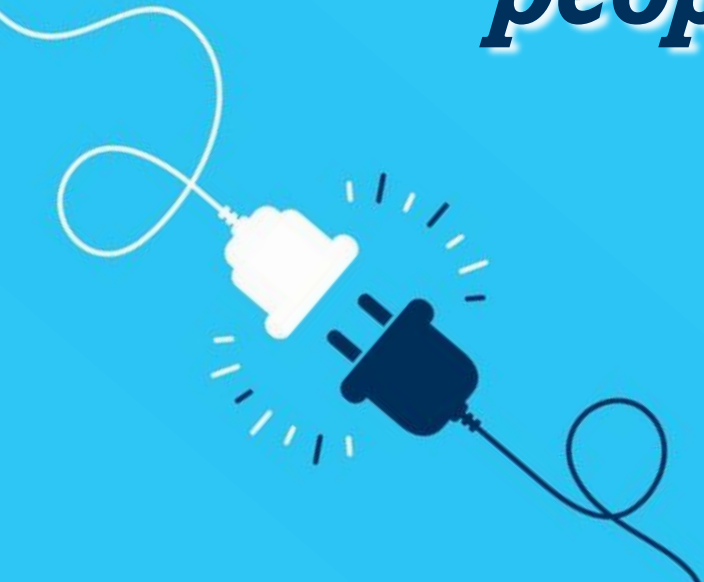
- Deuteronomy 5:12-14



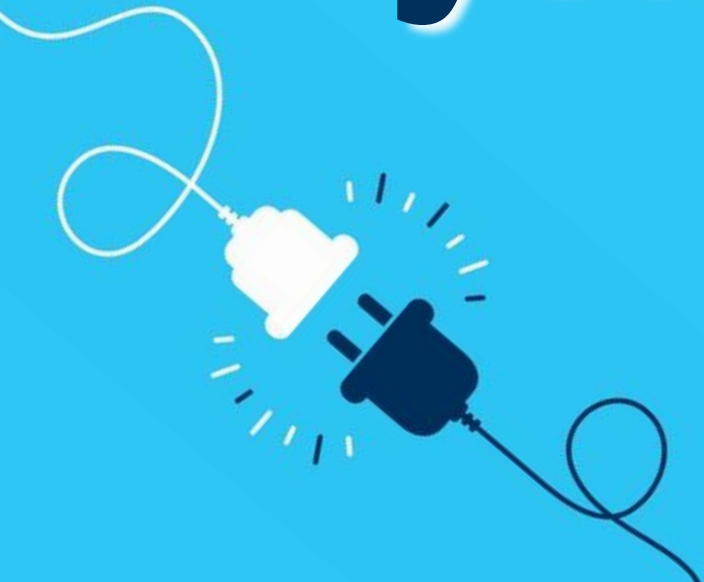
Unplugged = Sabbath

(Jesus said) “Sabbath was made to meet the needs of people, and not people to meet the requirements of the Sabbath.”

- Mark 2:27

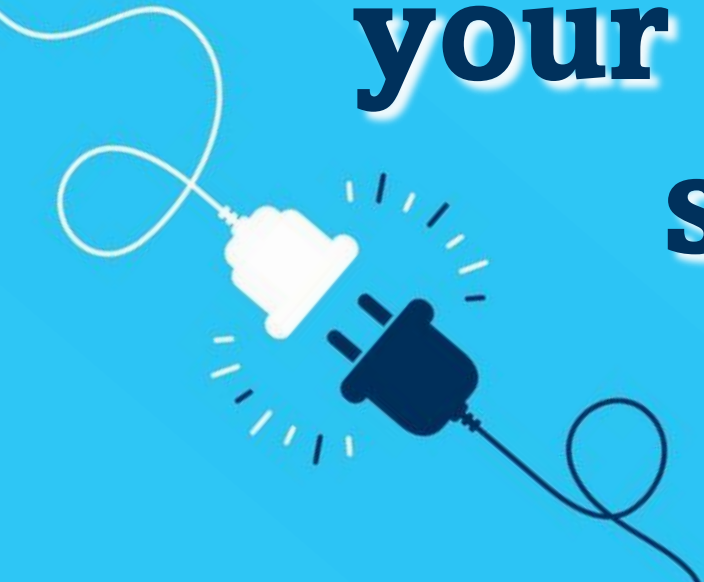


**If God commands it,
why is it so hard to give
yourself permission
to just do it?**



**Satan works very hard trying
to distract you from God...**

**When your body is busy,
your mind races, then your
spirit is unsettled.**

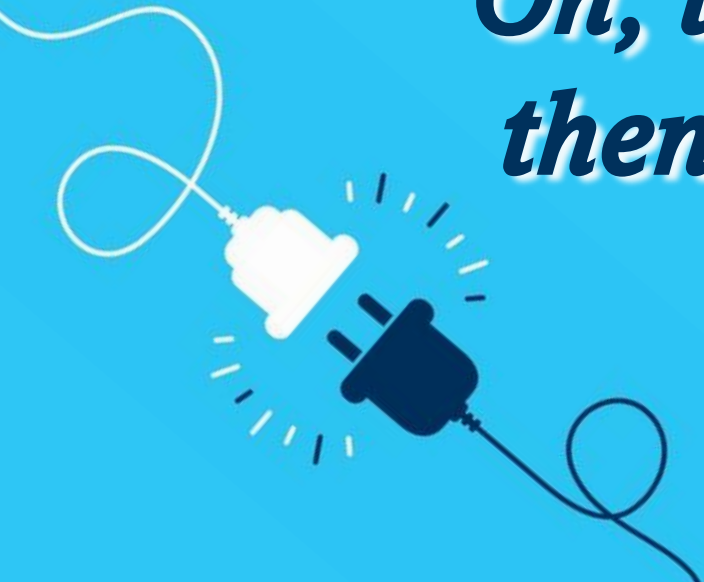


Step 1 | DISCONNECT

***Fear and trembling overwhelm me,
and I can't stop shaking.***

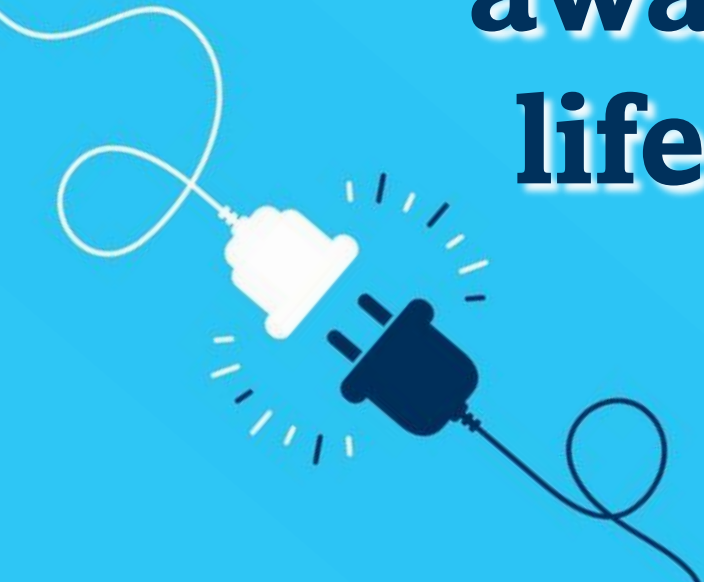
***Oh, that I had wings like a dove;
then I would fly away and rest.***

- Psalm 55:5-6



Step 1 | DISCONNECT

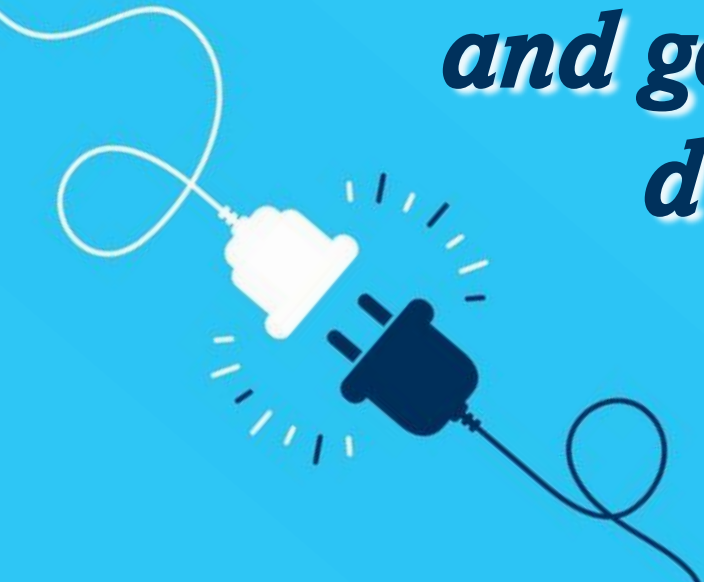
**You need to prepare yourself
for a hard stop, stepping
away from the busyness of
life so that you may have
the space to rest.**



Step 1 | DISCONNECT

Then Jesus said, “Let’s go off by ourselves to a quiet place and rest awhile.” He said this because there were so many people coming and going that Jesus and his apostles didn’t even have time to eat.

- Mark 6:31



Step 2 | DELIGHT

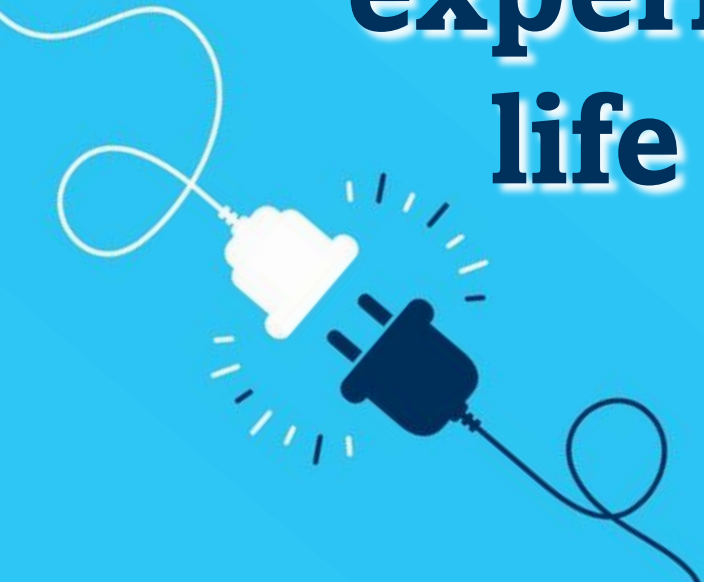
Take delight in the Lord, and he will give you your heart's desires. Commit everything you do to the Lord. Trust him, and he will help you.

- Psalm 37:4-5



Step 2 | DELIGHT

**You need to allow yourself to
see the goodness of God,
experiencing the abundance of
life so that you may know
joy and peace.**



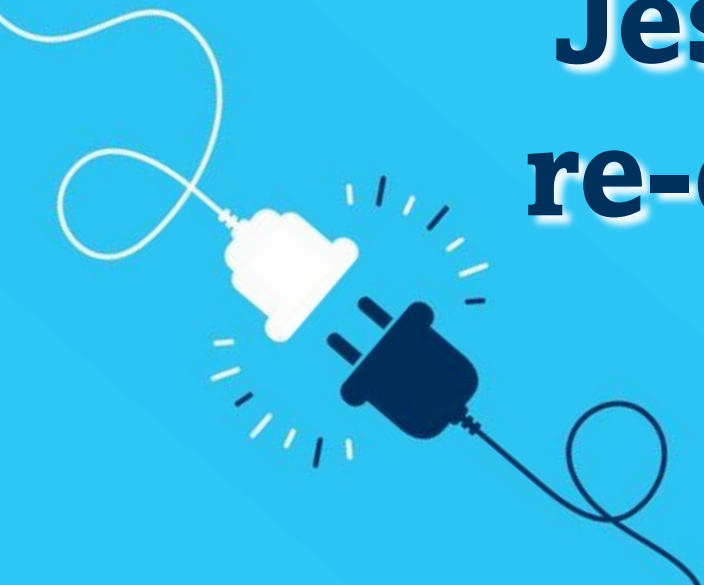
Step 2 | DELIGHT

Since you have been raised to a new life with Christ, set your sights on the realities of heaven, where Christ sits in the place of honor at God's right hand. Think about the things of heaven, not the things of earth.

- Colossians 3:1-2



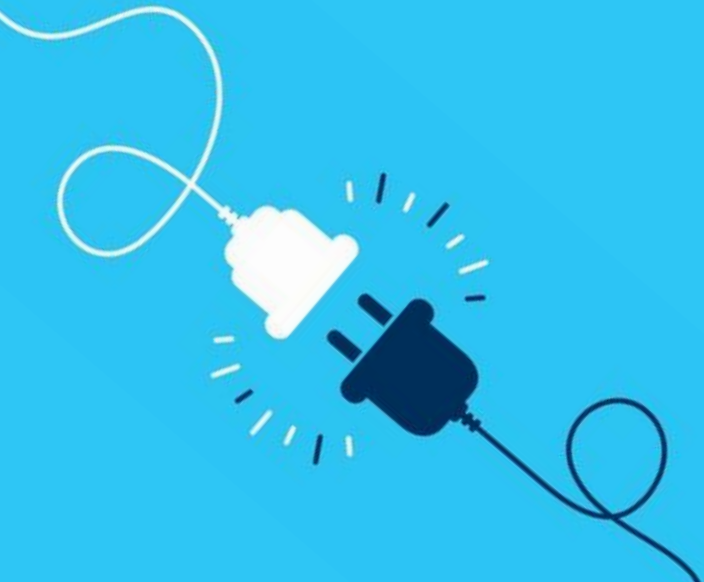
**God's invitation to get unplugged is
a call to reset; to escape the
weariness and burdens of life and
focus on your relationship with
Jesus, so that when you
re-engage with the world
your spirit is right.**



DISCONNECT

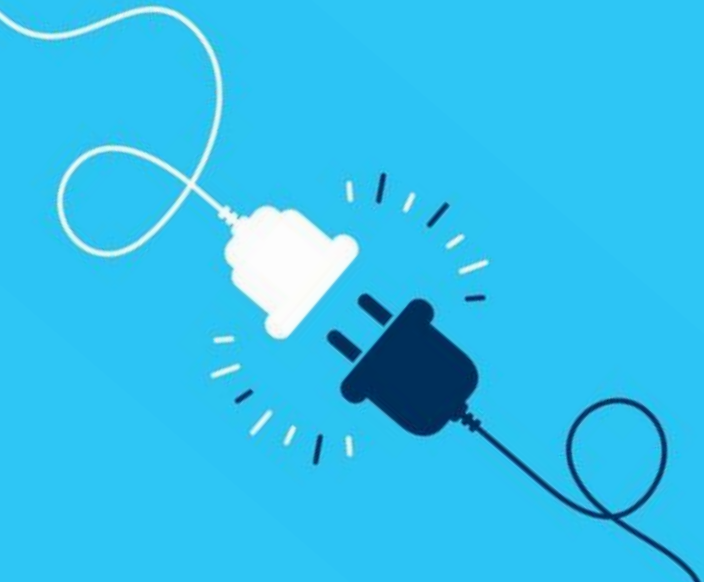
Jesus said, “Come to me, all who are weary and carry heavy burdens, and I will give you rest.”

DELIGHT



***Be still and know
that I am God!***

- Psalm 46:10



Embrace God's invitation to get
Unplugged

