

HELPFUL RESOURCES

APPS

- **Pause App**
 - Based on John Eldredge's teachings, this app offers 1-, 3-, 5-, or 10-minute guided sessions aimed at helping users release anxiety and reconnect with God, often with nature imagery.

BOOKS

- **The Sacred Slow, Alicia Britt Chole**
 - Formatted as 52 experiences in unhurried honesty with God, this book reminds readers on every page that God never wanted to use them; He always wanted to love them. The book is personal, practical, and penetrating to bring you closer to God and slow you down in your daily life.
- **Get Your Life Back, John Eldredge**
 - You don't need to abandon your life to get it back. You can restore it with sustainable practices that are within your reach. In this life-changing book, find a lifetime of wisdom in five practical and read-to-implement practices for putting your life back together.
- **Breath as Prayer, Jennifer Tucker**
 - This daily devotional teaches the ancient practice of breath prayer – Scripture-centered prayers paired with intentional breathwork – can help focus your mind on God's promises while calming your body. Breath prayer is a unique and powerful tool that helps ease your anxiety while strengthening your faith at the same time.

PODCASTS

- **Exploring the Heart of Rest and Sabbath with John Mark Comer: Episode 993 on the That Sounds Fun Podcast with Annie F, Downs**
 - A conversation with two people passionate about Sabbath and rest and how to make it a priority in our lives.
- **Resting Well this Summer with John Eldredge: Episode 898 on the That Sounds Fun Podcast with Annie F, Downs**
 - Really think about the idea of resting well and learn from author John Eldredge about what it means to rest well and care for your soul.

SERVE AT ACF

HELPFUL RESOURCES:
SHARE YOUR SABBATH JOURNEY

