



LOVE GOD.
LOVE PEOPLE.
MAKE DISCIPLES.

GOD'S RHYTHM FOR LIFE

We need to rest
(NLT) Mark 6:31
(NLT) Matthew 11:28

We need to move
(NIV) Matthew 11:29
(CSB) Isaiah 40:31

The example of Jesus
(NLT) Luke 13:10-13

Moved to see and act
(CSB) Luke 10:33
(MSG) 1 John 3:17
(CSB) John 5:17
(NIV) 1 Peter 4:10

Constantly live out this God-designed rhythm: rest and move