

August 31, 2025

Practicing Service and Rest

Service:

- Using our gifts and time to care for others' needs in the church family.
- Following Jesus' example of humble service.
- Serving builds up the "body of Christ" and helps everyone grow.

Rest:

- Pausing work and busyness to replenish our bodies and souls.
- Following God's pattern of Sabbath rest.
- Preventing burnout and keeping our hearts refreshed.

Practicing Service:

- Volunteer in a role at church.
- Look for small ways to serve daily.
- Serve with joy and without seeking praise.

Practicing Rest:

- Designate a Sabbath rest each week.
- Set daily boundaries for downtime.
- Pay attention to your body and soul.

Questions for Reflection

1. Do I tend to overextend in service or avoid serving?
2. What change can I make to ensure I observe rest with God each week?
3. How could true rest make my service more joyful?