



## REST

Whereas physical rest is allowing your body to rest, spiritual rest is allowing your spirit to rest from the things of this world. Spiritual rest is doing the things which our spirit wants to do but that our flesh often prevents us from doing. It is taking a break from the worldly and immersing yourself in the holy. Rest is an opportunity to reset.

### Challenge of the Week

#### **Rest**

Practice spiritual rest. What is something that you find yourself attached to? A daily television program? A youtube channel? A game? Amazon? Take one day and give yourself a complete rest from whatever this might be. When you feel a pull, take a moment to breathe and refocus through prayer.