



EPISODE: 421

TITLE: **Why Planning Rest Before Work Is Smart**

Sabbath rest is not about just taking a break. It's about putting an end to the restlessness of self, and self-provision, that keeps us living distracted, frantic, and fragmented lives of dissatisfaction.

Here are three key things to believe and consider about working from a place of rest...

1. **Humans were created to work from rest—not the other way around!** It's no wonder we are busier and more burned out as a society than ever; work never ends, and we carry it around with us in our digital devices. As the gospel begins to free you from the lie of the DO to BE treadmill, you'll be set free to rest as a priority, which leads to a more productive and truly fulfilled life.
2. **God desires us to spend time with him and be in his presence even more than we do!** He created us and knows that this time of reconnecting to his goodness, grace, and provision—fulfilled in Christ—is for our ultimate good. Regularly reconnecting your heart to his unconditional love and acceptance allows you to be the person you were created to be. You'll never look back at your life and think, "I spent too much time in life in the presence of God..."
3. **Make time in your daily schedule to truly be present with the people in your life.** This will take great intentionality since we are so programmed to try and move quickly through meetings and work to get to the next thing. Look for, admire, and honor the image of God that is in each of them. Call that out in others as you notice it. Try to encounter and experience each place, and every creature, as God's love and glory is uniquely made visible.

If you are interested in being coached by Caesar and his wife Tina in a lifestyle of discipleship and mission, new cohorts are starting soon... Start experiencing greater spiritual freedom and relational peace today!

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Thanks for listening... we'll see you in the next episode!

~Caesar