



A Bible Study Podcast Series from Sally Clarkson

Rest isn't a punishment!! Rest is permission to do what you need to last for the long journey of life.

We are multidimensional: soul, emotions, preferences, and *God delights in us that way*.

In what ways do you tend to judge yourself by a harsher standard than God has toward you?

How do you refuel? Try to think of large and small ways. A weekend away is restful, but so is a thirty-minute bubble bath. A walk outside. Eating lunch on a blanket in the backyard. A drive to someplace scenic. What appeals to your heart, mind and soul?

*So teach us to number our days,
That we may present to You a heart of wisdom.*

Psalm 90:12

Psalm 90:12 reminds us that we are crafting a legacy **now**. What helps you to “number your days” and remind yourself that your daily life is adding up to a legacy?

Are you looking in their eyes and really listening to your family members? Try to spend a couple minutes really concentrating on this today.

What simple celebrations can you implement in your family life? Watching the sunset? Frequent bubble baths? Kind words for an overtired husband or child? What will brighten the eyes and hearts of those around you?

Only the wise can dance to the rhythm of life.

~Sally Clarkson