

YOU HAVE DONE ENOUGH TODAY

Heavenly Father,

I need to slow down. Even Jesus saw the importance of finding time for rest and quiet reflection. As I follow his example, help me to stop awhile to let my body, mind, and spirit recover. Reset my purpose so that I can be more energized and productive when I'm ready to get back to the work at hand.

Jesus said, "Let's go off by ourselves to a quiet place and rest awhile."

MARK 6:31



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JESUS SAID, "REST AWHILE"



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