

# Sabbath: A BURDEN OR A GIFT?



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How do we break away from our busy schedule to rest?

Our lives move fast every single day. We stay up late and get up early. The hustle and bustle is the backdrop of our lives...and the tempo never seems to let up.

So how do we break away from our busy schedule to rest? How can we find the peace of God our hearts crave? What is our heavenly Father telling us in the midst of all this?

Customized for your event; 1 to 3 sessions. This encouraging series is perfect for women's events and retreats, conferences, church and mission events, and more.

Event planners will also be provided printable retreat packets for participants with notes pages, key takeaways, plus questions for personal reflection. Suggested worship song list to complement retreat theme also provided.

## IN THIS SERIES, YOU WILL:

- Explore God's original design for rest (it's not what you think!)
- Gain Practical Tips for planning a "Sabbath Date with Jesus"
- Reignite your joy for ministry, for life, and for God!

*Invite Shadia to speak  
at your next event!*