

Sabbath Rest... God's Answer for Stress!

**Patrick C. Nelson & Ilya
Thomas**

Pastors Request!

Share our Perspectives & Best Practices on how to deal with the various forms of stress in the workplace

Explore the potential of creating a series of talks to help those in the congregation who would like to participate by coming together to share ways of reducing stress.

Sources of Stress-Work

- Being Overworked
- Being Underworked
- Job Security – fear of losing my job
- Job progression – working to get promotion +
- Being in the wrong Job +
- Blame Culture
- Bad Management
- Bullying
- No Support Network
- Trying to do “everything” vs. prioritizing the most important things

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Sources of Stress -Personal

- Self Criticism / Comparing to Others
- Worry
- Perfectionism / Unrealistic Expectations
- Insecure
- Competition
- Procrastination
- Pessimism or feeling Powerless

Stress can knock you off your Rhythm

**Rhythm = a strong,
regular, repeated pattern
of movement or sound.**

**"Ruth listened to the
rhythm of his breathing"**

GOD-CREATED RHYTHMS

- Night to Day
- High to Low Tides

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The top of the image features two distinct seasonal scenes. On the left, a close-up of white daisies with yellow centers is shown against a soft-focus background of green grass and blue sky. On the right, a view through palm fronds shows a clear blue sky and a glimpse of a tropical beach with turquoise water.

GOD-CREATED RHYTHMS

Changing of the Seasons

The bottom half of the image features two seasonal scenes. On the left, a close-up of autumn leaves in shades of red, orange, and yellow is shown. On the right, a close-up of red berries covered in a thick layer of white snow is shown.

GOD-CREATED RHYTHMS IN YOU!

- Heartbeat
- Menstrual Cycle
- Birth, Life, Death
- Wake, Work, Rest

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Man made Rhythms that are Positive

Daily Work and & Nightly Rest

**Planting & Harvesting with
the Seasons**

**Traditional Work Week &
Sabbath**

Healthy Routines

Daily Prayer & Meditation

Exercise

Man made Rhythms that can induce Stress

Monthly Bills due dates

Quarter Close

Annual Budget

Annual performance appraisals

Holiday Observances (Halloween, Thanksgiving, etc.)

Personal daily schedule

God's Sabbath

**A God Declared Rhythm
modeled for man as
example to follow
“Traditional” 5 or 6 days
of work, 1 day of rest.**

God-made Rhythms or Cycles Include Rest for Rejuvenation

**Seasons change to drive the cycle
of rebirth for the planet.**

**Herds migrate to rejuvenate/
procreate the species**

Heart muscle rests between beats

Be Still and KNOW that I am God

Psalm 46:10

**When you slow down to rest you
hear, feel and experience God,
and His rhythms!**

Breathing

Heart beat

**When you reconnect with the God
created rhythms you can then
create Positive Rhythms for your
life in the form of healthy habits.**

What is a habit?

A *habit* is a learned pattern of behavior that is repeated so often that it becomes automatic ...becomes a rhythm that you don't have to work at

Back to Pastor's original request to share our best practices for reducing stress and for me it lies in integrating the **"7 habits of highly effective people"** into my life.

These habits have been shown to help you orient your life thus for some helping to reduce stress.

Man Created Healthy Habits

Seven habits of highly effective people

- 1. Be Proactive**
- 2. Begin with the End in mind**
- 3. Put first things first!**
- 4. Think Win-Win**
- 5. Seek first to understand then to be understood**
- 6. Synergize**
- 7. Sharpen the Saw**
- 8. Find your voice and allow/help others to find theirs.**

Man Created Healthy Habits

Should be the Ten habits of highly effective people

- 1. Put God First!**
- 2. Be Proactive**
- 3. Begin with the End in mind**
- 4. Put first things first!**
- 5. Think Win-Win**
- 6. Seek first to Understand then to be understood**
- 7. Synergize**
- 8. Sharpen the Saw**
- 9. Find your voice and allow/help others to find theirs.**
- 10. Always Honor God by Thanking and Praising Him!!**

Next Steps

- **You are invited to join us for a few sessions to connect and discover how we might help each other.**
- **Get the Book 'The 7 Habits of Highly Effective People' Paperback or Audiobook form.**