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

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### 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
- BeingUnderworked
- Job Security –fear of losing myjob
- Job progression working to get promotion +
- O Being in the wrong Job +

- **O Blame Culture**
- Bad Management
- Bullying
- No SupportNetwork
- O Trying to do "everything" vs. prioritizing the most important things

### **Sources of Stress - Personal**

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

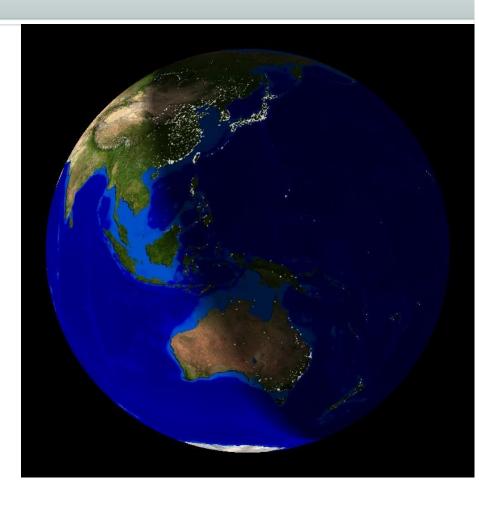
## Stress can knock you off your Rhythm

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

"Ruth listened to the rhythm of his breathing"

### GOD-CREATED RHYTHMS

- Night toDay
- High to Low Tides





#### GOD-CREATED RHYTHMS IN YOU!

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



## 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

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**

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