



SCAN TO
ACCESS DIGITAL
HANDOUT

Refresh

BE STILL

with Daniel & Rosy Cole

Come to me. Get away with me and you'll recover your life. I'll show you how to take a real rest. Walk with me and work with me—watch how I do it. Learn the unforced rhythms of grace.

MATTHEW 11:28-30

RHYTHMS	CURRENT REALITY	POSSIBLE CHANGES
DAILY		
WEEKLY		
MONTHLY		
TERMLY		
ANNUALLY		

 **REFLECTIONS:**

POSSIBLE STEPS TO INCREASE STILLNESS: