

AFFIRMATION 11

Caring for our bodies and insisting on taking time to enjoy the benefits of prayer, reflection, worship, and recreation in addition to work.

Sabbath



“It is hard to see the dragon that has swallowed you.”
-Chinese expression

“The Sabbath was made for human-kind, and not humankind for the Sabbath.” -Jesus (Mark 2:27)

Do you think you are at the ideal use of your time? If not, what would you change?

The Path of Jesus is found where Christ's followers care for their bodies as temples of the holy and take time to pray and play, to worship, and to reflect, as essential parts of their vocation

TIME

School Day

Non -School Day

12am	
1am	
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3am	
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