







**95% OF PEOPLE AGE 15 AND OVER  
SPEND AN AVERAGE OF 5.2 HOURS PER DAY  
ON LEISURE ACTIVITIES**

**Genesis 2:1-3 (ESV)**

**<sup>1</sup> Thus the heavens and the earth were finished, and all the host of them. <sup>2</sup> And on the seventh day God finished his work that he had done, and he rested on the seventh day from all his work that he had done. <sup>3</sup> So God blessed the seventh day and made it holy, because on it God rested from all his work that he had done in creation.**



**IF YOU WANT TO REST LIKE GOD  
YOU NEED TO WORK LIKE GOD**

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**BALANCE**



**TAKE INVENTORY OF YOUR BUSYNESS**

