



# May '24

# Year of Rest Calendar

Mental	Sensory	Emotional	Social	Creative	Spiritual	Physical	
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
<p>The LORD will guide you continually, and satisfy your needs in parched places, and make your bones strong; and you shall be like a watered garden, like a spring of water, whose waters never fail.</p> <p>Isaiah 58:11</p>			<p>1</p> <p>Spend time in one of your favorite places.</p>	<p>2</p> <p>Visit some murals or art.</p>	<p>3</p> <p>Spend a few minutes in prayer.</p>	<p>4</p> <p>Do something you enjoy that requires movement.</p>	
<p>Then God said, "Let the earth put forth vegetation: plants yielding seed, and fruit trees of every kind on earth that bear fruit with the seed in it." And it was so.</p> <p>Genesis 1:11</p>	<p>5</p> <p>Go outside and enjoy God's creation.</p>	<p>6</p> <p>Take a moment to be in a peaceful place.</p>	<p>7</p> <p>Share how you are doing with someone you trust.</p>	<p>8</p> <p>Affirm a gift you see in another.</p>	<p>9</p> <p>Visit a park or beach.</p>	<p>10</p> <p>Take time to help another.</p>	<p>11</p> <p>Practice relaxing the muscles in your body.</p>
<p>Therefore, my beloved, be steadfast, immovable, always excelling in the work of the Lord, because you know that in the Lord your labor is not in vain.</p> <p>1 Corinthians 15:58</p>	<p>12</p> <p>Make a list of what you are grateful for.</p>	<p>13</p> <p>Smell something delightful.</p>	<p>14</p> <p>Ask someone else how they are doing.</p>	<p>15</p> <p>Take 1 thing off your calendar</p>	<p>16</p> <p>Tend to a space in your home.</p>	<p>17</p> <p>Write a thank you note to someone.</p>	<p>18</p> <p>Stretch for 5 minutes.</p>
<p>He said to them, "Because of your little faith. For truly I tell you, if you have faith the size of a mustard seed, you will say to this mountain, 'Move from here to there,' and it will move; and nothing will be impossible for you."</p> <p>Matthew 17:20</p>	<p>19</p> <p>Pause to listen to your favorite song.</p>	<p>20</p> <p>Take a walk and leave your phone at home.</p>	<p>21</p> <p>Take a break from screens.</p>	<p>22</p> <p>Spend time with a loved one.</p>	<p>23</p> <p>Cook something you love to eat.</p>	<p>24</p> <p>Spend time looking at clouds or stars.</p>	<p>25</p> <p>Take a nap.</p>
<p>O LORD, how manifold are your works! In wisdom you have made them all; the earth is full of your creatures.</p> <p>Psalms 104:24</p>	<p>26</p> <p>Meditate or sit in silence for 5 minutes.</p>	<p>27</p> <p>Enjoy a favorite food.</p>	<p>28</p> <p>Do something that rejuvenates your soul.</p>	<p>29</p> <p>Meet with people who you share an interest with.</p>	<p>30</p> <p>Plant something.</p>	<p>31</p> <p>Reflect on where you saw God today.</p>	

