

September 2024

Year of Rest Calendar

Mental	Sensory	Emotional	Social	Creative	Spiritual	Physical
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Take a media break & quiet yourself.	2 Close your eyes. Be mindful of what you notice.	3 Breathe deeply for 3 minutes.	4 Take 1 thing off your calendar.	5 Visit a park or beach.	6 Reflect on where you saw God today.	7 Sit in stillness. Review your week.
8 Go outside and enjoy God's creation.	9 Listen to music that makes you want to move.	10 Light a candle and give thanks for your baptism.	11 Affirm a gift you see in another.	12 Cook something you love to eat & share it.	13 Donate your time or money to something you believe in.	14 Do a physical activity that makes you winded. Give thanks for breath.
15 Clear your mind before sleep. (Make a list if you need to.) Rest.	16 Take a moment to be in a peaceful place.	17 Ask someone else how they are doing.	18 Take some time to be alone today. Enjoy the solitude.	19 Make something.	20 Watch the sunset. Give thanks for a new day.	21 Take a nap.
22 Meditate or sit in silence for 5 minutes.	23 Smell something delightful.	24 Call or write someone you connect with.	25 Ask someone for help today.	26 Sing or listen to a hymn that encourages you.	27 Advocate for someone's needs.	28 Take a stroll. Greet those you meet along the way.
29 Recount what you are thankful for this month.	30 Get your hands dirty doing something good.					

And he said to them, "Why are you afraid, you of little faith?" Then he got up and rebuked the winds and the sea; and there was a dead calm.
- Matt 8:26

The spirit of God has made me, and the breath of the Almighty gives me life.
- Job 33:4

If you sit down, you will not be afraid; when you lie down, your sleep will be sweet.
- Prov 3:24

Wait for the LORD; be strong, and let your heart take courage; wait for the LORD!
-Ps 27:14

I will both lie down and sleep in peace; for you alone, O LORD, make me lie down in safety.
- Ps 4:8