

# December 2024

# Year of Rest Calendar

	Mental	Sensory	Emotional	Social	Creative	Physical	Spiritual
	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>So, God blessed the seventh day and hallowed it, because on it God rested from all the work that he had done in creation - Genesis 2:3</p>	1 Do something you love today.	2 Decorate a space in your house.	3 Thank someone for the work they do.	4 Share a blessing with someone today.	5 Tomorrow is St. Nick's Day. Fill someone's shoes with a treat.	6 Take a run or walk with someone else.	7 Spend time outside today.
<p>I will both lie down and sleep in peace; for you alone, O Lord, make me lie down in safety - Psalm 4:8</p>	8 Take a nap today.	9 Tend to the space where you rest. Remove distractions.	10 Silence your devices for one hour. Breathe.	11 Do something that will bring peace to someone else.	12 Bake or cook something to share with someone else.	13 Today is St. Lucy Day. Bring food to someone to celebrate.	14 Donate your time or money to something you believe in.
<p>For God alone my soul waits in silence; from him comes my salvation - Psalm 62:1</p>	15 Do something that allows you to spend some time in silence.	16 Enjoy something that you associate with this season.	17 Read poetry or a Psalm today.	18 Do something with someone else that doesn't require conversation.	19 Listen to seasonal music.	20 Take a walk or a run alone. Use the time to be aware of God's presence.	21 Read a verse or story from the Bible that strengthens your faith.
<p>Come to me, all you that are weary and are carrying heavy burdens, and I will give you rest - Matthew 11:28</p>	22 Let yourself off the hook for an obligation or expectation.	23 Take a time out and explore light displays.	24 Light a candle and remember someone you love.	25 Check in on someone today. Who might be alone?	26 Make something from scratch today.	27 Sleep in today or take a nap.	28 Give away something.
<p>So then, a Sabbath rest still remains for the people of God - Hebrews 4:9</p>	29 Reflect on your year. Give thanks for your gifts.	30 Explore one of your favorite spaces.	31 Reflect: How will you carry your learnings about rest into the New Year?				