

June '24

Year of Rest Calendar

Mental

Sensory

Emotional

Social

Creative

Spiritual

Physical

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

Therefore we do not lose heart. Though outwardly we are wasting away, yet inwardly we are being renewed day by day.
2 Corinthians 4:16

I can do all this through him who gives me strength.
Philippians 4:13

...but those who hope in the LORD will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint. - Isaiah: 40:43

God is our refuge and strength, an ever-present help in trouble.
Psalm 46:1

He says, "Be still, and know that I am God; I will be exalted among the nations, I will be exalted in the earth."
Psalm 46:10

2

Pause to listen to your favorite song.

3

Close your eyes & center yourself.

4

Do something that rejuvenates your soul.

5

Affirm a gift you see in another.

6

Visit a park or body of water.

7

Learn something new today.

8

Notice where you are holding tension in your body.

9

Make a list of what you are grateful for.

10

Enjoy the taste of a fresh fruit or vegetable.

11

Ask someone else how they are doing.

12

Take 1 thing off your calendar

13

Play a game or read something you enjoy.

14

Tell someone how thankful you are for them.

15

Do something that requires movement outside.

16

Go outside and listen to creation.

17

Take a picture of something small that brings you joy.

18

Call or write someone you connect with.

19

Spend time with a loved one.

20

Make something.

21

Watch the sun rise or set.

22

Lower your shoulders & take a deep breath.

23/30

Notice 5 things of beauty around you.

24

Smell something delightful.

25

Take a break from screens and read something.

26

Do something that gives you time alone.

27

Begin and end your day with music.

28

Spend time giving thanks to God.

29

Spend time in one of your favorite outdoor places.



From the days when I was a professional musician and through forty plus years in ministry, I have had no problem with energy. But the batteries do need to be recharged daily. For me that means listening to symphony orchestra music. It's part of my evening devotional routine. When I played for a living, I learned to focus on the page and block out all distractions. That still works with listening and prayer.

My energy always gets a boost when I spend time with my grandkids. There is something to be said about the rest that comes from tapping into the "child" in me. In fact, I benefit very much from conversations with people a generation or two younger than me. It can be like an energy exchange.

I am a Christ follower, a spouse, father and grandfather, a teacher who preaches, a practitioner of holistic self-care, and an encourager.

