

Unplugged
Summer at Gilead
August 7, 2022

- Theme: For many, MORE is going OUT of our physical and emotional tank than we are PUTTING IN. - Acts 3:1-6

- Things to remember - Daniel 5:1-7, 25-26
 - ✓ Our days are NUMBERED - Job 9:25, Psalm 39:4-5 NLT, Daniel 5:27
 - ✓ How EASY is it for our lives to get out of balance - Daniel 5:28
 - ✓ A MISMANAGED life will cost us something - Luke 21:34,
- Hebrews 4:9-11

- Finding rest
 1. Divert DAILY - Matthew 6:11
 - ✓ Read God's WORD
 - ✓ Worship and pray
 - ✓ PLAN your day
 2. Withdraw WEEKLY - Exodus 20:9-10
 - ✓ Rest your BODY
 - ✓ Recharge your SOUL
 - ✓ Refocus your SPIRIT
 3. Abandon ANNUALLY - Ecclesiastes 10:10 NLT,
- Matthew 11:28-29 MSG