

**5 Minutes on Faith**  
**Finish Strong in 2024 - Day 11**  
**Episode #159**

Thursday, December 12, 2024

**Divine Downtime: Recharging in God's Rest**

Divine downtime opens the avenue of transformation in our lives. When we are rested and refreshed, we move forward cognitively prepared for higher engagement.

Hebrews 4:9-11 "There remains, then, a Sabbath-rest for the people of God; for anyone who enters God's rest also rests from their works, just as God did from his. Let us, therefore, make effort to enter that rest..." Entering rest is an active and strategic choice, meaning we deliberately plan to engage in rest.

3 ways to engage:

Daily pauses: 5-15 minutes throughout the day with no talking, texting, computer interface, without any agenda sitting in the presence of GOD and listening.

Sabbath rest: One day a week to deliberately step back from all work, technology and other distractions and quietly fellowship with the LORD.

Surrender prayer: Ask God what He wants for our life, release all control and embrace trusting Him to direct your steps.

Remember this: When the world drains us the Word of God sustains us!