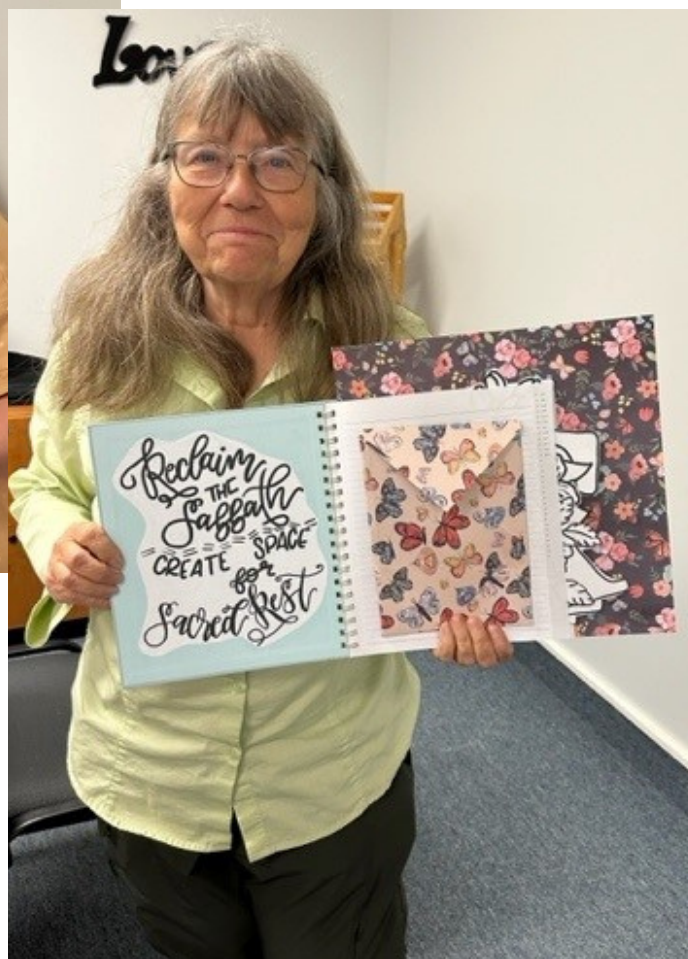
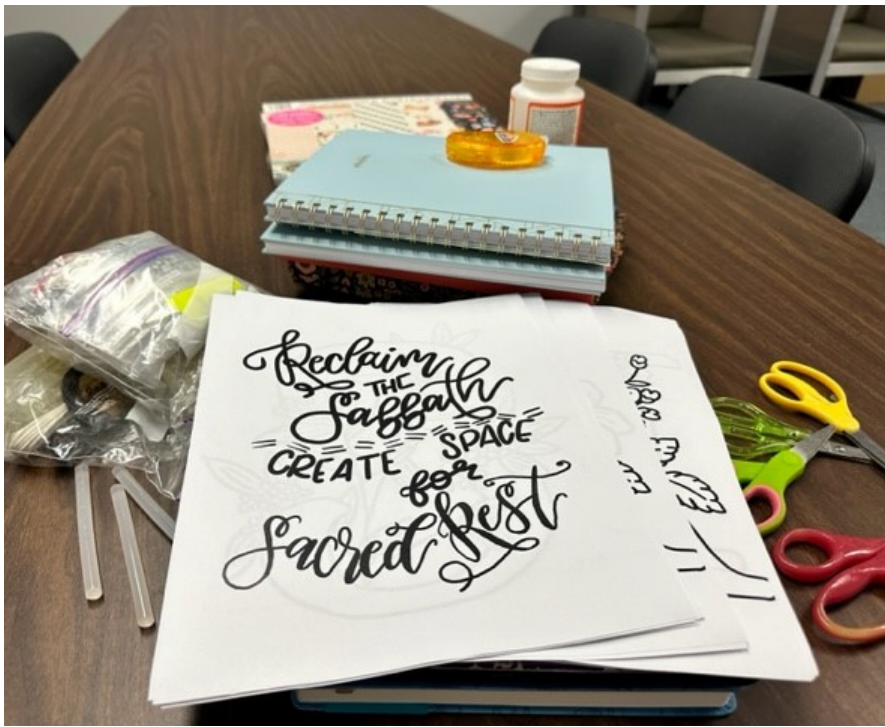


FOR ME SMASH BOOKS ARE JUST A MORE BEAUTIFUL JOURNAL. I THINK OF IT AS A DOODLE PAD, JOURNAL, MAYBE EVEN A SCRAPBOOK; BUT IT DOESN'T HAVE A SET PLAN. IT CAN BE MESSY, IT COULD BE OVERSTUFFED, AND MOST OF THEM ALL IT DOESN'T HAVE TO BE PERFECT.

WHEN IT COMES TO SABBATH, WE MIGHT BE STUCK IN THE IDEA THAT IT IS A RIGID DAY OF REST WITH ALL THESE RULES AND SUCH. BUT SABBATH IS A DAY TO FOCUS ON WHO GOD IS AND TO BE ABLE TO BE REFRESHED. THAT IS MY HOPE FOR THIS SMASH BOOK, THAT WE ARE ABLE TO COMPILE ALL THESE DIFFERENT AMAZING WAYS TO BE ABLE TO FOCUS ON GOD BUT ALSO TO REFRESH OURSELVES. ONE OF MY FAVORITE EXAMPLES IS FOUND UNDER THE “T” SECTION AND THAT IS TAKE A NAP, LISTEN, SOMETIMES WE JUST NEED A NAP.



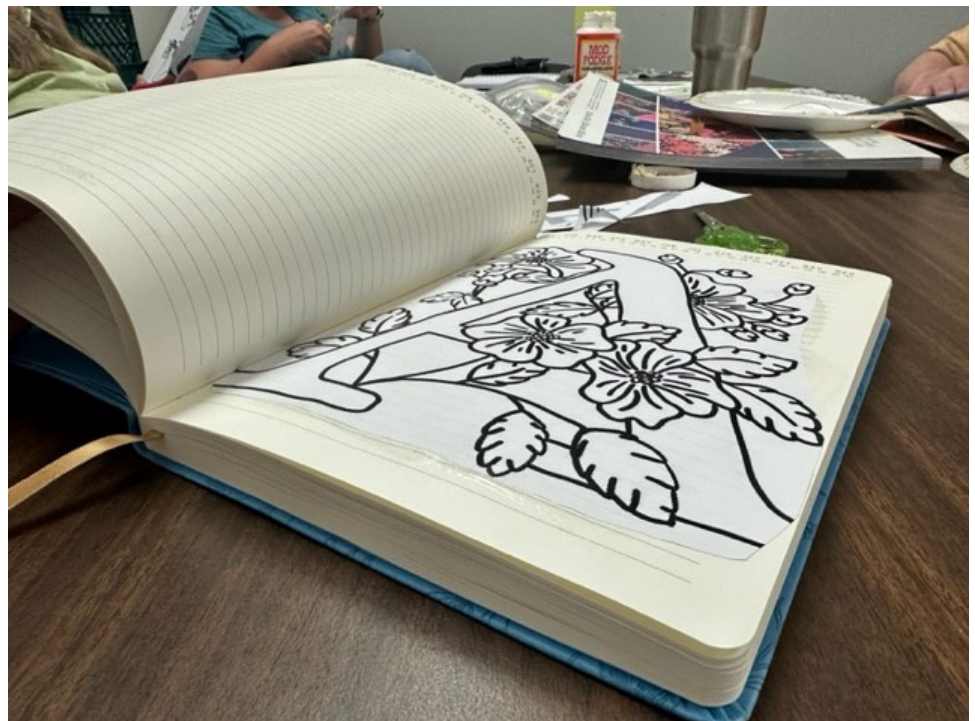


1. GATHER SOME SUPPLIES - I RECOMMEND THAT THE JOURNALS WOULD BE AN 8 1/2 BY 11 SIZE. MICHAELS IS A GREAT PLACE TO GET THEM AS THEY ARE EITHER ON SALE OR YOU CAN FIND A COUPON THROUGH THEIR REWARDS APP. OTHER SUPPLIES INCLUDE THE PRINTABLE PAGES ATTACHED, SCISSORS, MOD PODGE, BRUSHES, SCRAPBOOKING PAPER, STICKERS, COLORFUL PENS, WASABI TAPE, AND ANYTHING ELSE THAT YOUR WOMEN MIGHT LIKE. THIS MIGHT BE A GOOD TIME TO CLEAN OUT SOME DRAWERS OF LEFTOVER ART SUPPLIES.

2. WITH THIS ACTIVITY, THEY CAN WORK AT THEIR OWN PACE. ITS EASY AS EXPLAINING WHAT TO DO AND LET THEM HAVE AT IT. THEY CAN CUT OUT THE LETTERS TO THE WORD SABBATH, SOME OF OUR LADIES JUST DID A ROUGH CUT, WELL OTHERS CUT ON THE LINES; BOTH WORKS. I WOULD ENCOURAGE THAT THE LETTERS ARE PLACED ABOUT 10 TO 15 PAGES APART. THIS WILL ALLOW FOR WHEN THEY DO ENGAGE IN THEIR SABBATH ACTIVITY PROVIDES THAT EXTRA SPACE.

3. ONE THING THAT WE DID WAS ADD IN AN ENVELOPE SO THAT WE COULD USE THAT TO TUCK AWAY SOME SMALL NOTES OR CARDS.

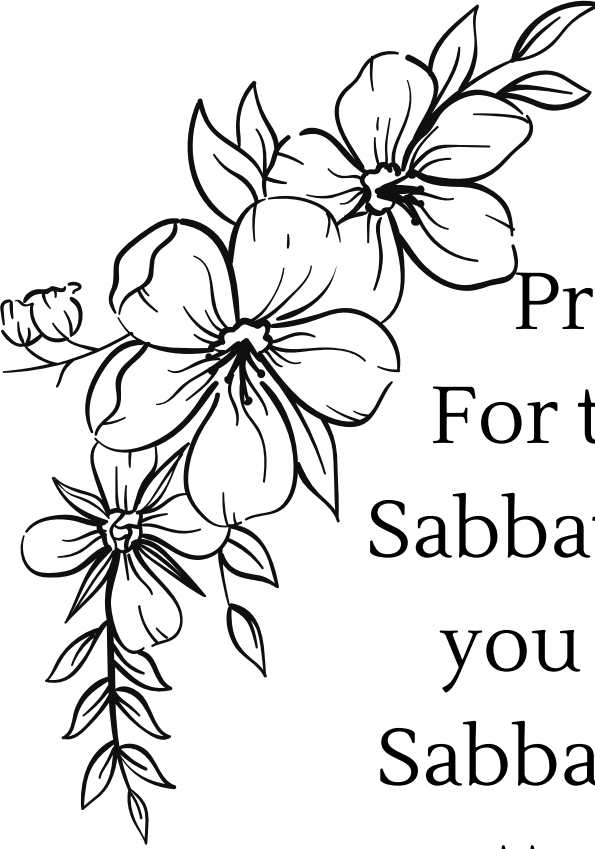
4. I ADDED EXTRA PAGES THAT ARE SOME EXAMPLES OF A WORD TO ASSOCIATE TO EACH LETTER OF SABBATH. I WOULD ENCOURAGE YOUR LADIES TO ADD IN THEIR OWN THAT WOULD HELP THEM ON THEIR SABBATH.



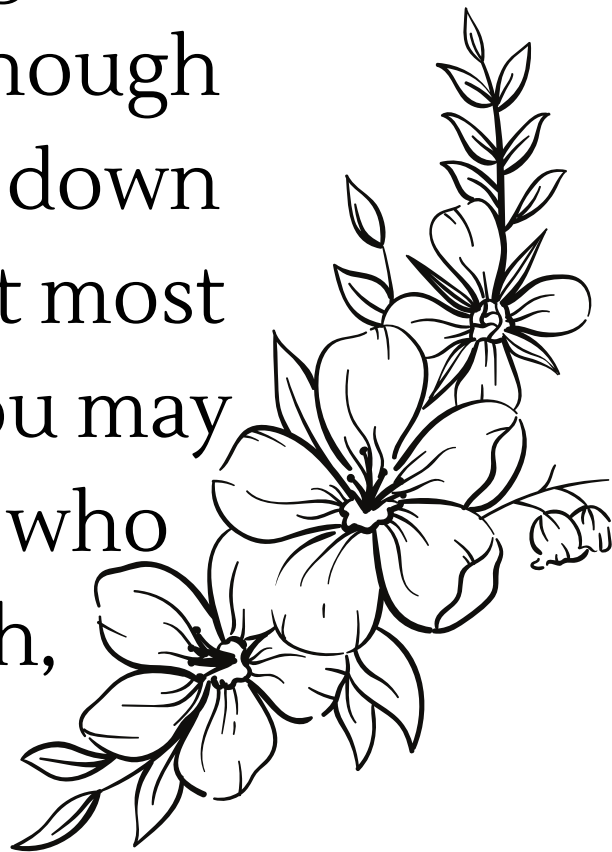
5. ALSO, PINTEREST IS A GREAT RESOURCE IF YOUR LADIES WOULD LIKE SOME EXTRA PAGES. MAYBE THEY WANT TO ADD IN SOME COLORING PAGES OR LOOK UP VERSES TO COLOR.

6. REMEMBER IT DOES NOT HAVE TO BE PERFECT, THAT IS THE FUN ABOUT SMASH BOOKS!





Prayer for you:
For this moment of
Sabbath may God help
you engage in true
Sabbath rest. May you
unattach from the daily
burden and the concerns
that are yours. May you
pause long enough to
pray, be present enough
to enjoy, and slow down
enough to rest. But most
of all, I pray that you may
worship the One who
give us Sabbath,



Reclaim
of THE
Sabbath
CREATE SPACE
for
Sacred Rest



SING/SONGS

Write lyrics that help connect you to God

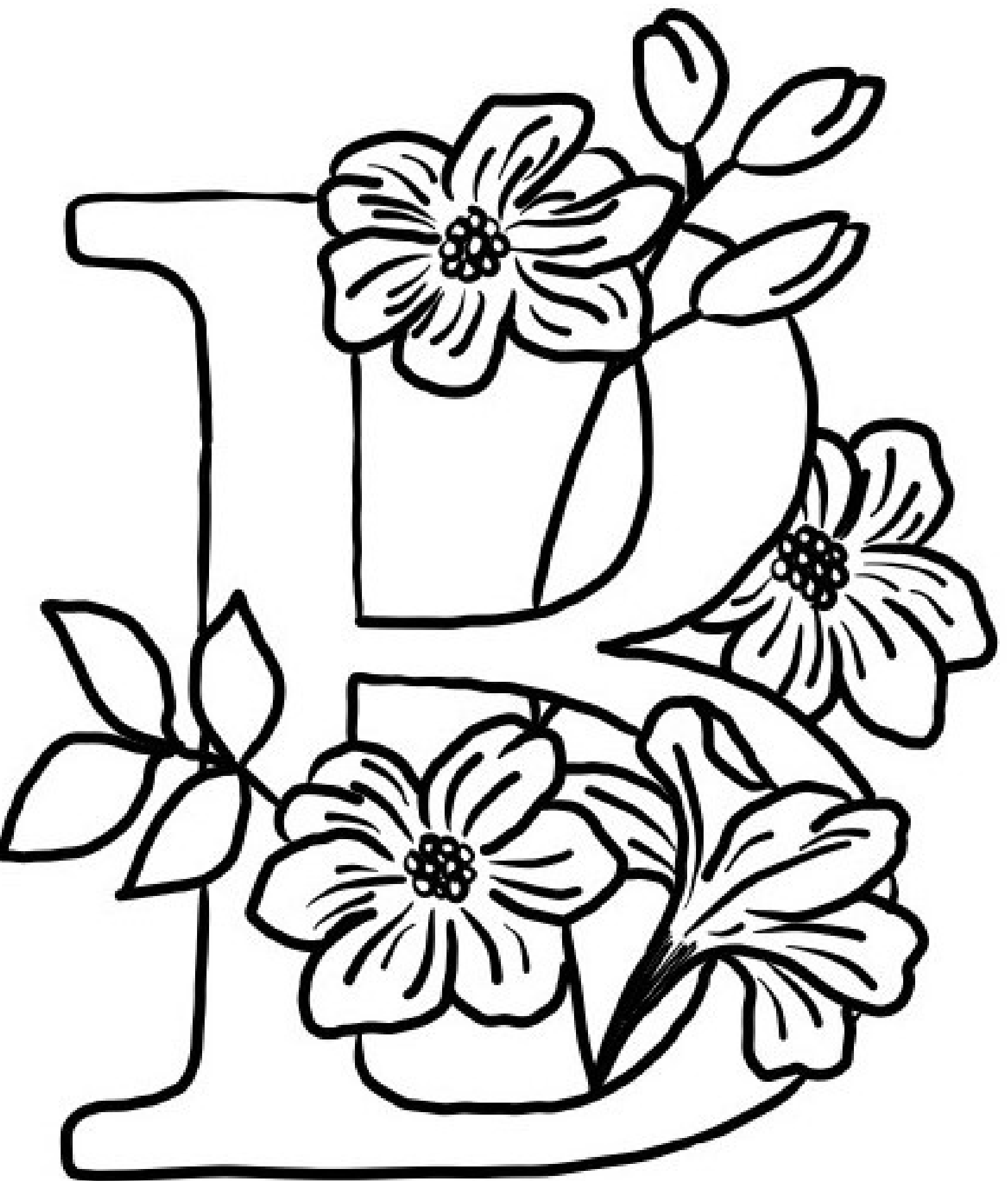


ATTRIBUTES

What are the attributes of God?
(Such as Omniscient - Knows Everything)

ACTIVELY REST

How can you actively rest?



BIBLE

BOOK BY BOOK

the law

GENESIS

EXODUS

LEVITICUS

NUMBERS

DEUTERONOMY

History

JOSHUA

JUDGES

RUTH

1 SAMUEL

2 SAMUEL

1 KINGS

2 KINGS

1 CHRONICLES

2 CHRONICLES

EZRA

NEHEMIAH

ESTHER

Wisdom in Poetry

JOB

PSALMS

PROVERBS

ECCLESIASTES

SONG OF SOLOMON

Prophets

ISAIAH

JEREMIAH

lamentations

EZEKIEL

DAVID

HOSEA

JOEL

AMOS

OBADIAH

JONAH

MIICAH

NAHUM

HABAKKUK

ZEPHANIAH

HAGGAI

ZEDARIAH

Malachi

the Gospels

MATTHEW

MARK

LUKE

JOHN

the Church

ACTS

ROMANS

1 CORINTHIANS

2 CORINTHIANS

Paul's Letters

Galatians

Ephesians

Philippians

Colossians

Paul 2.0

1 Thessalonians

2 Thessalonians

1 Timothy

2 Timothy

Titus

Philemon

Hebrews

James

1 Peter

2 Peter

Epistles

1 John

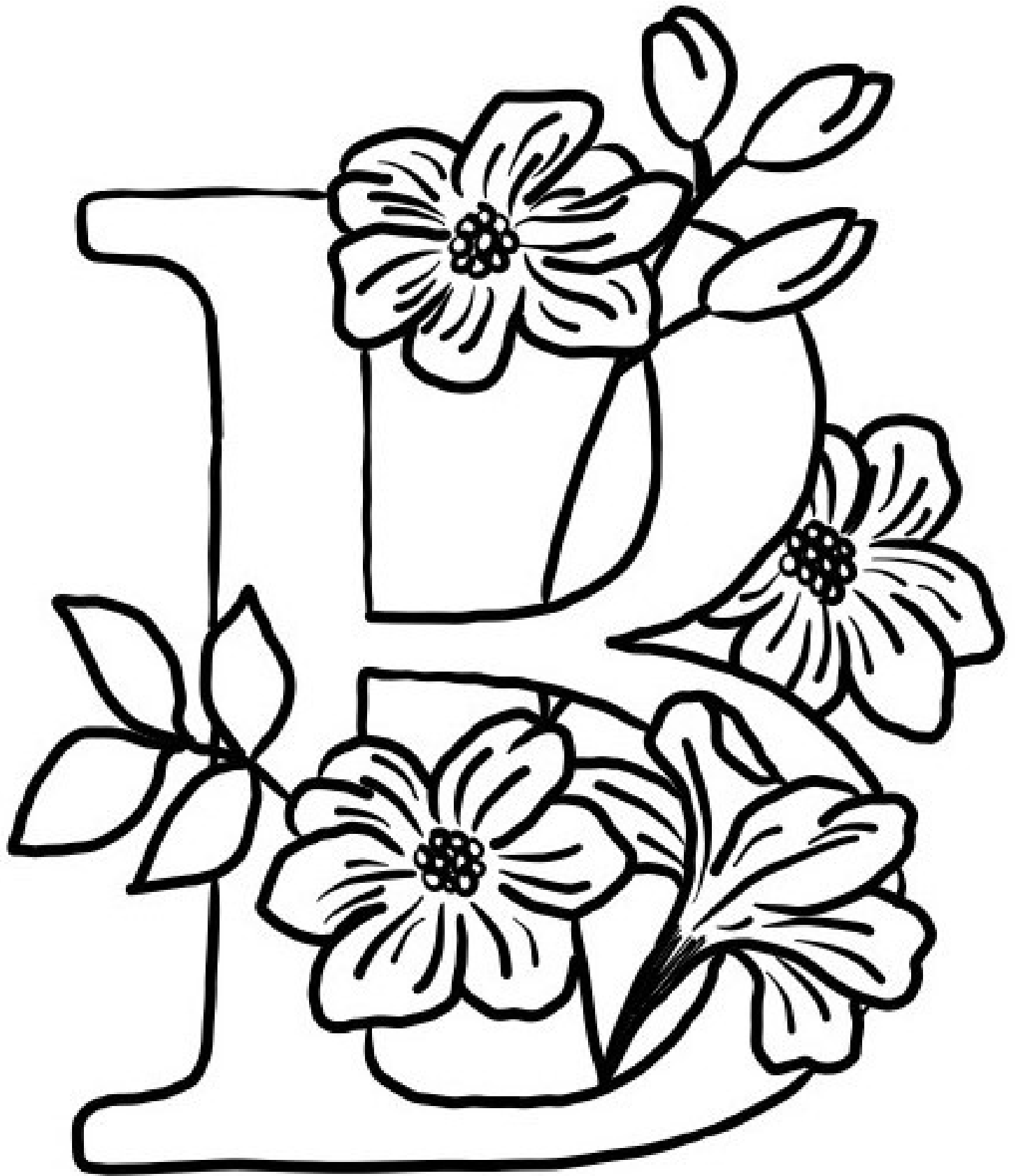
2 John

3 John

Jude

Prophesy

Revelation

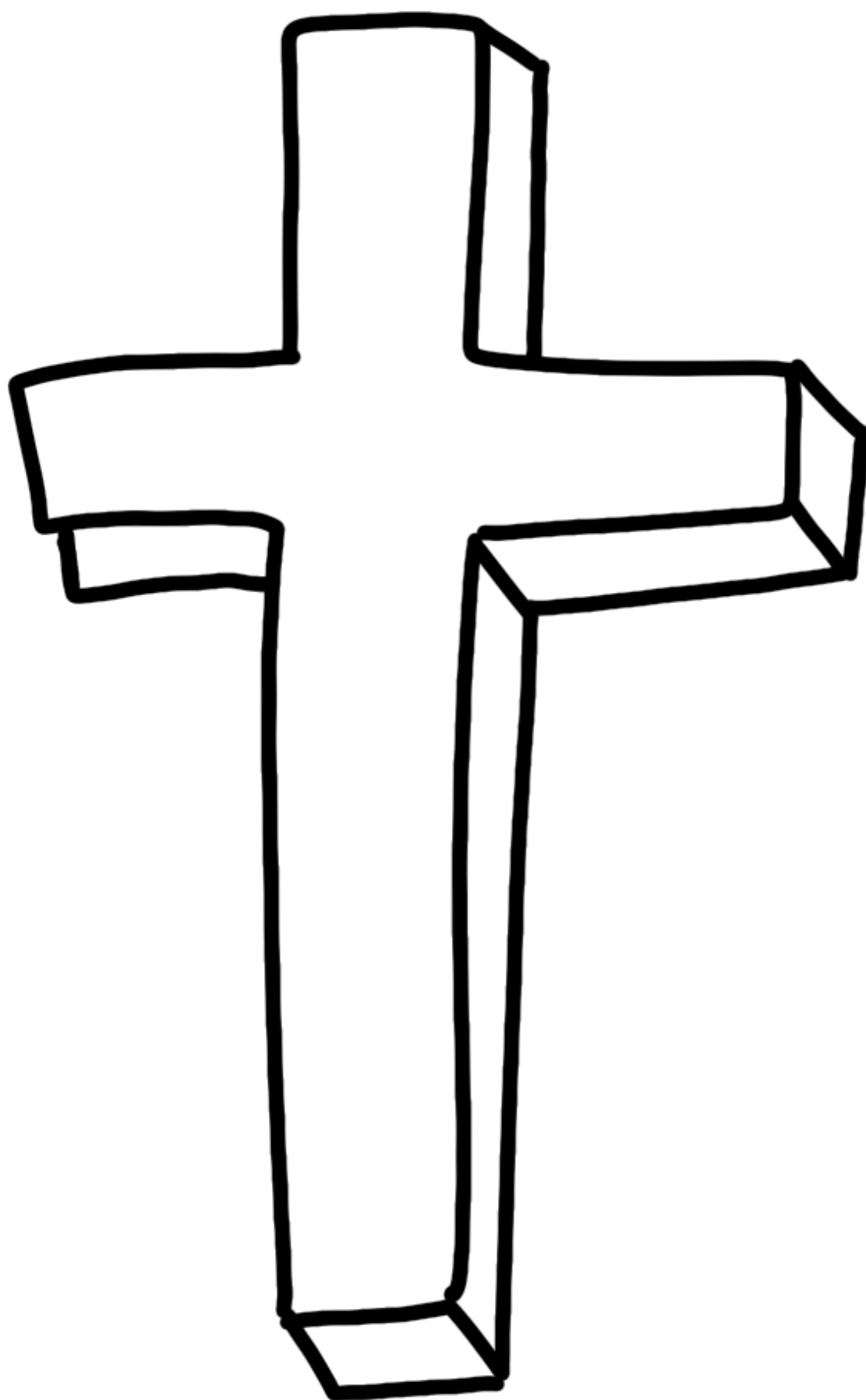


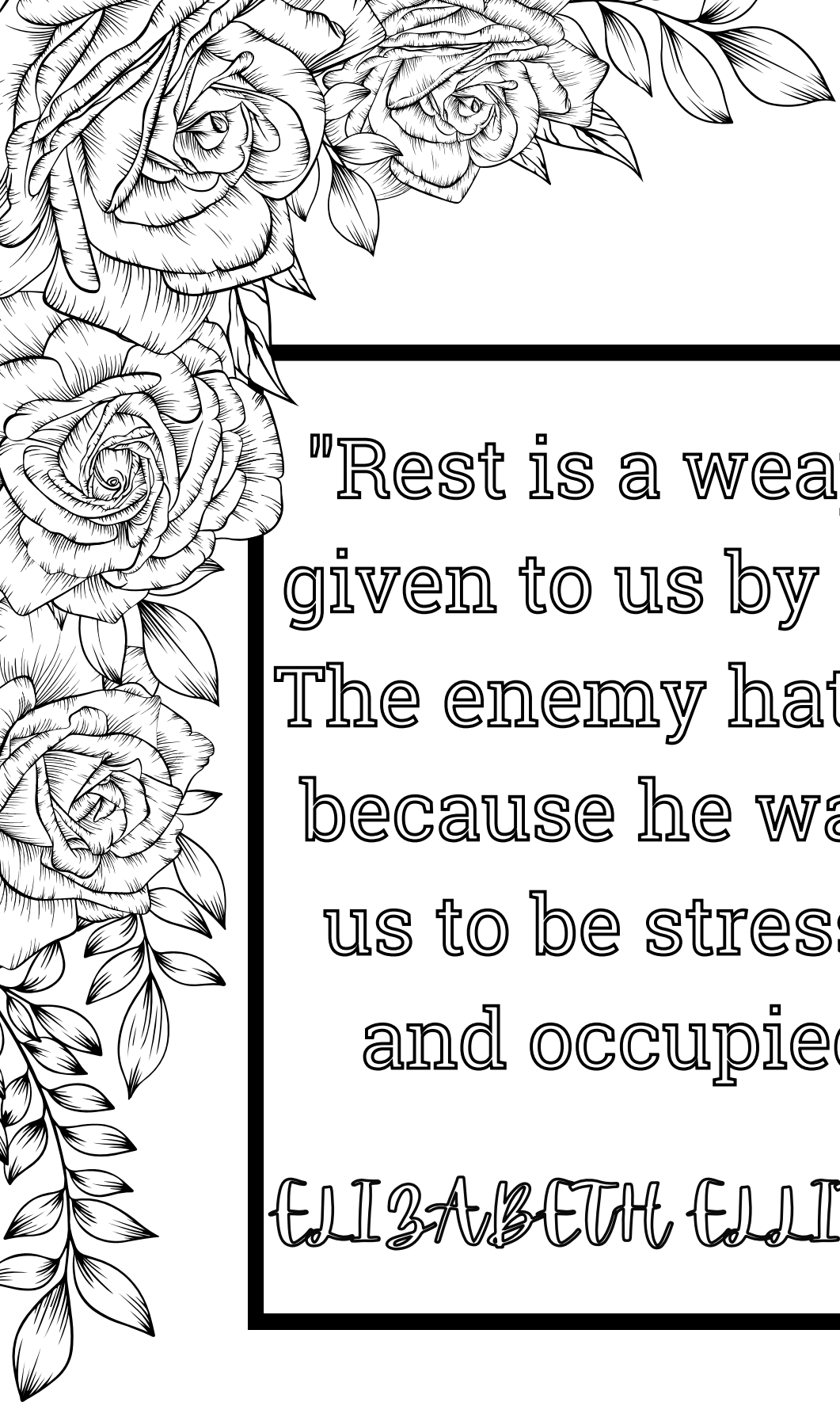
BE IN NATURE



ART

Doodle in these pages while spending time with God, search online for Bible art that can be pasted in these pages to color, or pick up a craft that you have not done in awhile.

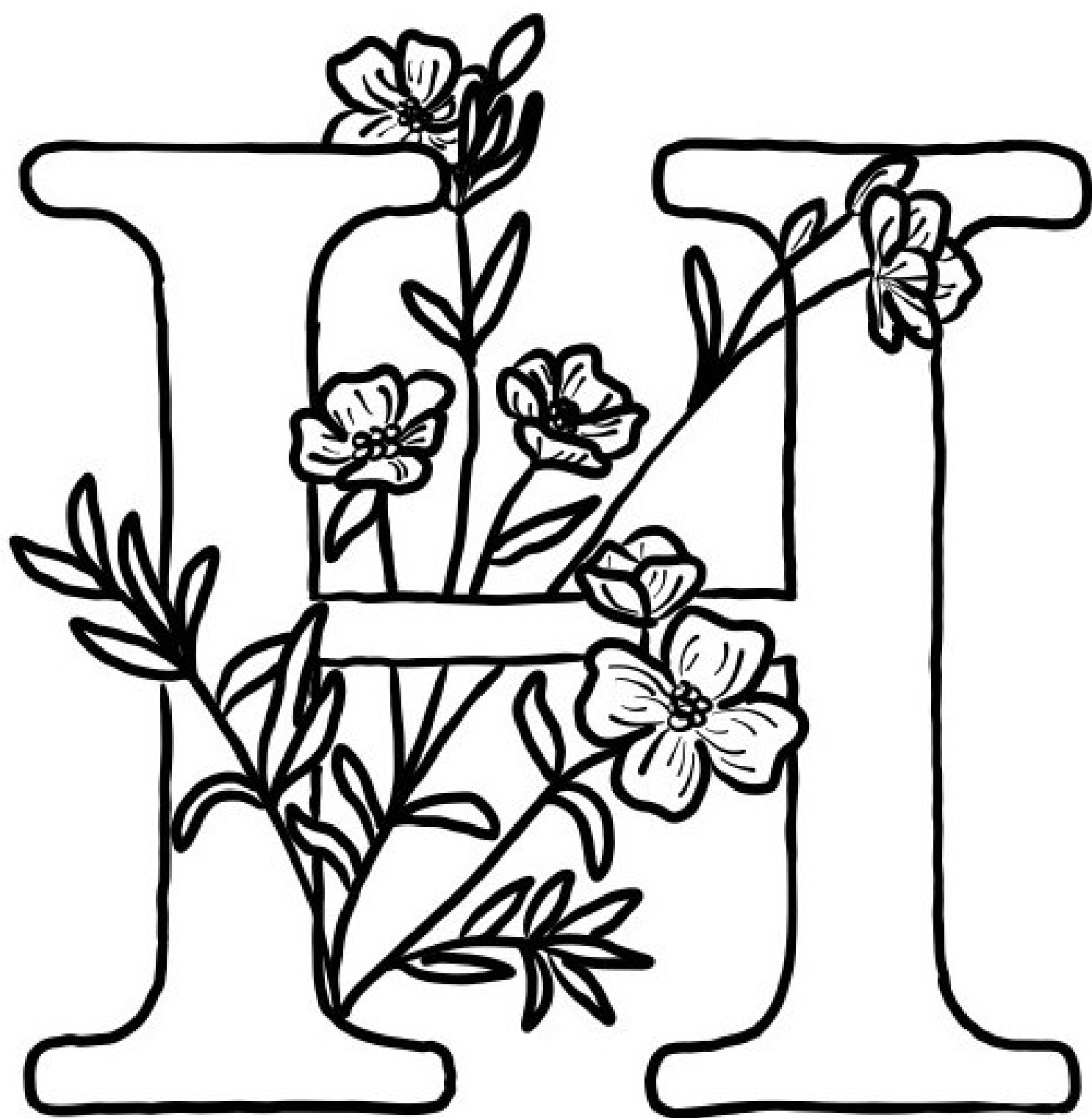


A detailed black and white line drawing of roses and leaves, framing the central text on the left and top sides.

"Rest is a weapon
given to us by God.
The enemy hates it
because he wants
us to be stressed
and occupied."

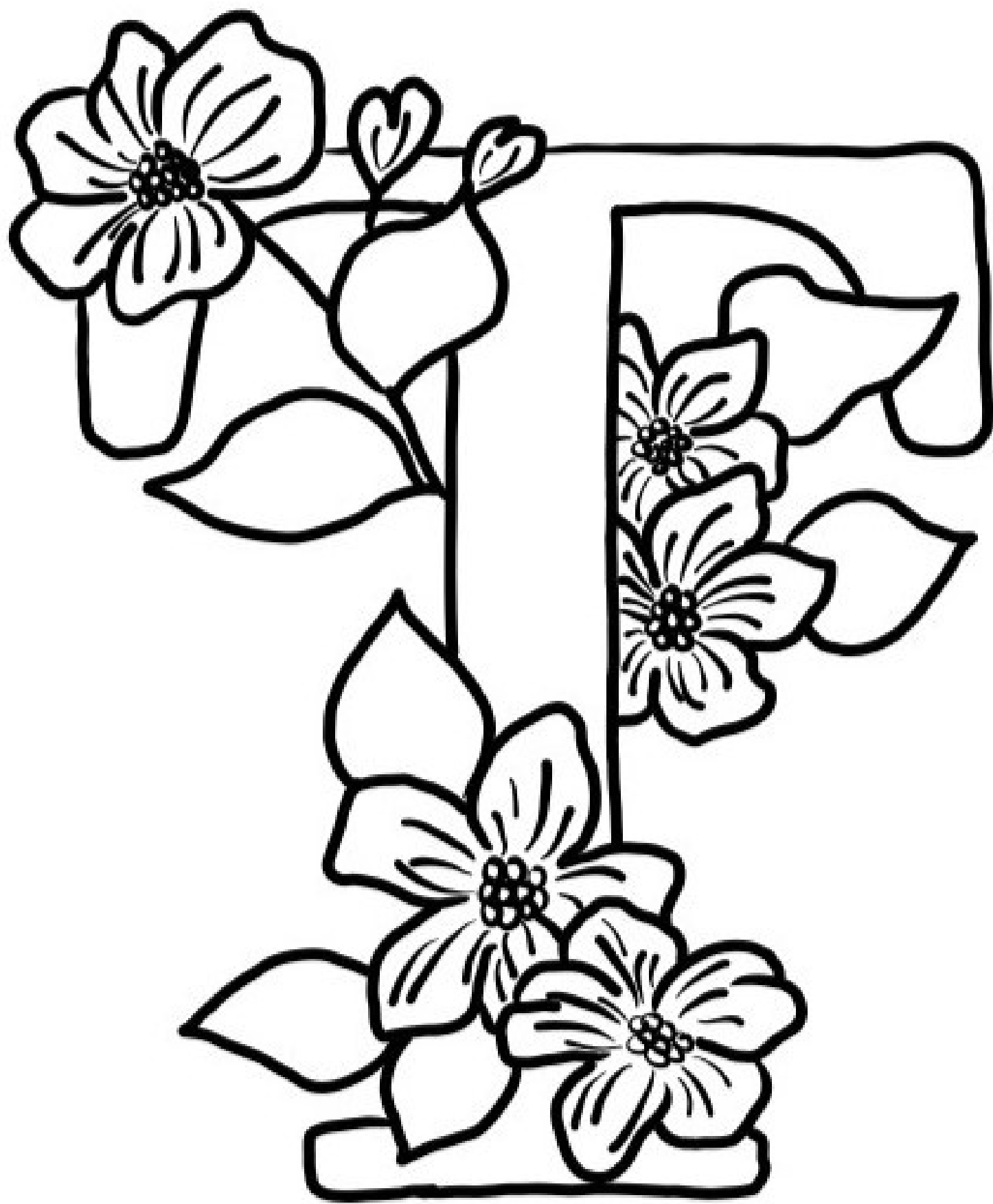
ELIZABETH ELIOTT

A detailed black and white line drawing of roses and leaves, framing the central text on the right and bottom sides.



HOBBY

Whether it is a hobby that you have not done in a while or it's something that you want to try



TAKE A NAP

TAKE A BATH

TALK WITH A FRIEND



