

Whole-life



Stewardship



**Self-care:
Rest**

*‘The earth
and everything in it,
the world and its inhabitants,
belong to the LORD; for he laid its
foundation on the seas and
established it on the rivers.’*

(Ps 24:1-2)



Self-care: Rest

'All of us are haunted by the work under the work - that need to prove and save ourselves, to gain a sense of worth and identity. But if we can experience gospel-rest in our hearts . . . we will have a deep reservoir of refreshment that continually rejuvenates us, restores our perspective, and renews our passion.'

(Keller)



**Self-care:
Rest**

The Greatest Day

i) *'Blessed'*

ii) *'Made holy'*

Self-care:
Rest

The Greatest Day

Grave $\text{♩} = 66$

8.

A musical score for a piano piece titled 'The Greatest Day'. The tempo is marked 'Grave' with a quarter note equal to 66 beats per minute. The score is in 2/4 time and features a key signature of two flats. It includes dynamic markings such as *f*, *p*, *fz*, *p cresc.*, and *sf con larghezza*. The score is divided into two systems, each with a treble and bass clef staff. Fingerings and articulation marks are present throughout the piece.

f *p* *f* *p* *fz* *p cresc.* *sf con larghezza*

A collection of musical symbols including two different types of beams, a fermata, and a bass clef.



**Self-care:
Rest**

A Sabbath Day

Remembrance:

i) Covenant Creation

ii) Promised Salvation



**Self-care:
Rest**

A Day of Celebration

Grace your body:

Rhythm & Refresh

**Self-care:
Rest**

A Day of Celebration

Grace your soul:

Re-orientate





**Self-care:
Rest**

A Day of Celebration

Grace our world:

Sign: Chosen People

Message: 'Enter this rest.'

Whole-life



Stewardship