

## Selected Rest Quotes

Sabbath ceasing means to cease not only from work itself, but also from the need to accomplish and be productive, from the worry and tension that accompany our modern criterion of efficiency, from our efforts to be in control of our lives as if we were God, from our possessiveness and our enculturation, and, finally, from the humdrum and meaninglessness that result when life is pursued without the Lord at the center of it all. ~*Marva Dawn*

Thou madest us for Thyself, and our heart is restless, until it rests in Thee. ~ *Augustine of Hippo*

Sabbath is that uncluttered time and space in which we can distance ourselves from our own activities enough to see what God is doing. ~*Eugene Peterson*

I've yet to meet a pastor whose life is balanced, rhythmic, whole, centered, [and] anchored who is not practicing Sabbath. ~*Pete Scazerro*

My job is not to solve people's problems or make them happy, but to help them see the grace operating in their lives. ~*Eugene Peterson*

Most of the things we need to be most fully alive never come in busyness. They grow in rest. ~*Mark Buchanan*

Until we accept the reality that we often reject our creatureliness, we will feel like we are doing something wrong in prayer. Prayer does not provide a feeling of productivity. Prayer refuses to be enveloped by our misguided views of time. Prayer refuses to be bound by our religion of time management. Prayer is not about work or efficiency. In prayer we certainly do something, but in a very real sense we do nothing. In short, prayer calls us to our creatureliness. ~ *Jamin Goggin and Kyle Strobel*

How difficult this is! When we sit down for half an hour – without talking to someone, listening to music, watching television, or reading a book – and try to become very still, we often find ourselves so overwhelmed by our noisy inner voices that we can hardly wait to get busy and distracted again. Our inner life often looks like a banana tree full of jumping monkeys! How then can we deal with such tumult that tries to prevent our concentration on God's Presence? These thought-monkeys seek to divide and conquer the best of our intentions... But when we decide not to run away and to stay focused, these monkeys may gradually go away because of lack of attention, and the soft gentle Voice the Beloved calling us may gradually make itself heard. ~ *Henri Nouwen*

Our epitaph should never read, "Died ... buried and behind, with a widow, some kids and grandkids, who love and miss him, but not the life he lived." ~ *Dale Burke*

## Selected Gratitude Quotes

I don't have to chase extraordinary moments to find happiness - it's right in front of me if I'm paying attention and practicing gratitude. ~*Brene Brown*

Feeling gratitude and not expressing it is like wrapping a present and not giving it. ~*William Arthur Ward*

Silent gratitude isn't very much to anyone. ~*Gertrude Stein*

At times our own light goes out and is rekindled by a spark from another person. Each of us has cause to think with deep gratitude of those who have lighted the flame within us. ~*Albert Schweitzer*

Joy is the simplest form of gratitude. ~*Karl Barth*

Gratitude is not only the greatest of virtues, but the parent of all the others. ~*Marcus Tullius Cicero*

'Thank you' is the best prayer that anyone could say. I say that one a lot. Thank you expresses extreme gratitude, humility, understanding. ~*Alice Walker*

When it comes to life the critical thing is whether you take things for granted or take them with gratitude. ~*Gilbert K. Chesterton*

The essence of all beautiful art, all great art, is gratitude. ~*Friedrich Nietzsche*

Gratitude is the sign of noble souls. ~*Aesop*

Gratitude is when memory is stored in the heart and not in the mind. ~*Lionel Hampton*

Perhaps nothing helps us make the movement from our little selves to a larger world than remembering God in gratitude. Such a perspective puts God in view in all of life, not just in the moments we set aside for worship or spiritual disciplines. Not just in the moments when life seems easy. ~*Henri Nouwen*

Gratitude changes the pangs of memory into a tranquil joy. ~*Dietrich Bonhoeffer*