



**Five P's
to
Rest Renew and Regenerate**



Permission

Mark 6:31

Then, because so many people were coming and going that they did not even have a chance to eat, he said to them, “Come with me by yourselves to a quiet place and get some rest.”

Start small

Commit to _____ a day to
give yourself permission to
rest



Prayer

Romans 12:12

Rejoice in hope, be patient
in tribulation, be constant
in prayer.

Start small

Commit to ____ a day
in prayer while I give
myself rest



Pause

Exodus 28:8-20:11:

Remembering that we need to take time out and pause -- to rest our bodies, and to rest with God.

Start small

Commit to ____ a day to
pause while I give
myself rest



Praise

Isaiah 12:4

“and on that day you will say: “Give praise to the LORD; proclaim His name!”

Start small

Commit to ____ a day to
praise while I give myself
rest



P-Journal

Isaiah 30:8:

**Go now, write it on a tablet for them,
inscribe it on a scroll, that for the days to
come it may be an everlasting witness**

Start small
Commit to ____ a day to
P-journal while I give
myself rest



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