

And what does the Lord
require of you but to do
justice, to love kindness,
and to walk humbly with
your God?

Micah 6:8

A person is silhouetted against a bright, hazy sunset sky as they walk a tightrope stretched across a deep mountain valley. The scene is bathed in warm, golden light, with rugged mountain peaks visible in the distance and the foreground. The overall mood is one of balance and challenge.

G 2020

A LIFE IN
BALANCE

MICAH 6.8

#3 – Balancing Life and Rest







“I’m not sure whether writing a Christmas letter when I’m working at the speed of light is a good idea, but given the amount of time I have to devote to any single project, it’s the only choice I have, We start every day at 4:45 AM, launch ourselves through the day at breakneck speed (the experience is much like sticking your head in a blender), only to land in a crumpled heap at 8:30 PM, wondering how we made it through the day.”

A person is silhouetted against a bright, orange sunset sky as they walk a tightrope stretched across a deep mountain valley. The scene is dramatic, with rugged rock formations on either side of the rope and distant mountain peaks in the background. The overall color palette is warm, dominated by shades of orange and yellow.

G 2020

A LIFE IN
BALANCE

MICAH 6.8

#3 – Balancing Life and Rest



God created rest.

16 "This is what the LORD has commanded, 'Gather of it every man as much as he should eat; you shall take an omer a piece according to the number of persons each of you has in his tent.' " **17** The sons of Israel did so, and some gathered much and some little. **18** When they measured it with an omer, he who had gathered much had,

Exodus 16

no excess and he who had gathered little had no lack; every man gathered as much as he should eat. 19 Moses said to them, "Let no man leave any of it until morning." 20 But they did not listen to Moses, and some left part of it until morning, and it bred worms and became foul; and Moses was angry with them.

Exodus 16





God modeled rest.



God gives rest.

9 So there remains a Sabbath rest for the people of God. 10 For the one who has entered His rest has himself also rested from his works, as God did from His.

Hebrews 4



God gives rest.

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