



Our foundations are 30 beliefs, practices, and virtues that help us know God well, do what He calls us to do, and be who He calls us to be.

## ADDITIONAL RESOURCES

### Practice #10: Rest

#### Scripture

- Deuteronomy 28
- John 15

#### Podcasts & Videos

- Soul Care (RightNow Media with Jason Perkins)  
<https://app.rightnowmedia.org/en/content/details/770637>
- The Gift of the Sabbath (Truth for Life Sermon)  
<https://www.truthforlife.org/resources/sermon/the-gift-of-the-sabbath/>

#### Articles, Books, & Bible Studies

- Subversive Sabbath by A.J. Swoboda  
<https://g.co/kgs/C63U5J>
- Sacred Rhythms by Ruth Haley Barton  
<https://g.co/kgs/USVvk2>