**10 Ps “Permit”**

-- *Then Jesus said to them, “The Sabbath was made to meet the needs of people, and not people to meet the requirements of the Sabbath. (Mark 2:27)*

*~He says, "Be still, and know that I am God; I will be exalted among the nations,*

*I will be exalted in the earth." (Psalm 46:10)*

There were really only 2 significant take home points from this talk.

1. God created us to need the physical rest. We need to take more Sabbath time away from our duties as spouse, mom, or any job we have acquired. We need to plan it. That rest may look different for different people at different times, but we do need an intentional break from our work.
2. In order to truly have Deep rest, we need to quiet the inner voice inside us that continues to prove ourselves to our self and others. In order to do that, our meaning needs to be in Jesus Christ and what He has already done, not any other work that we may try to add, or any other person that we may try to serve.

I highly recommend listening to the following sermon by Tim Keller. <http://sermons2.redeemer.com/sermons/work-and-rest>

It really helped Erik and I understand better the concept of deep rest and grasp the need for balance between work and rest.