



The 3 R's: RAISING RESTFUL RELATIVES

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If you're a parent with plenty of time to do all the things you want, then this seminar is not for you. For the rest of us who battle with the stress of a "To Do" list that's way-too-long, and a day that's way-too-short, come join us for some laughs and biblical wisdom for the frazzled family. No guilt-trips or quick-fixes here; just plenty of practical strategies, some helpful resources, and, most importantly, a look at some eternal truths from the Creator of time.

INTRODUCTION: Plate-Spinners and Burning Bushes

WEEKLY SABBATH: A Pattern & A Command

ANNUAL SABBATHS: The "HOLIDAYS"

DAILY SABBATH: Sleep

RETHINKING OUR DAYS

ULTIMATE SABBATH: Jesus Christ

QUESTIONS TO PONDER

SCRIPTURE

Exodus 3:2-4, Genesis 2:2-3, 1 Kings 19:1-9, Matthew 11:28-30, 2 Peter 1:3, Philippian 4:19, 2 Corinthians 9:8, Psalm 39: 4-6, Psalm 90: 12, Ephesians 4: 15-16, Luke 5:16

VIDEO RESOURCES:

What is God's Purpose for My Life by Louie Giglio. Available at www.rightnowmedia.org

Remember the Sabbath by Dennis Prager. Available at www.prageru.com

PRINT RESOURCES:

Time Management by Kenneth Boa, published on *Bible.org* (www.bible.org) Created 11/04/2005

24/6 by Dr. Matthew Sleeth

Leading on Empty by Wayne Cordeiro

Margin, In Search of Balance, or The Overload Syndrome by Dr. Richard Swenson

CONTACT:

All Things Integrated® exists to Equip Educators, Engage Culture and Encourage Discipleship by communicating a Biblical Worldview through articulate media, live events, professional development, creative resources, and personal consulting.

Contact Jonathan with questions, comments, or feedback at jonathan@allthingsintegrated.org