

Rest for our Soul

Matthew 11:25-30

**Why do we
need it?**

**Where do
we get it?**

**How do we
do it?**

How do we do it?

Sleep

Hobbies

Exercise

Diet

How do we do it?

Naturalists

Sensates

Traditionalists

How do we do it?

Ascetics

Activist

Caregivers

How do we do it?

Enthusiasts

Contemplatives

Intellectuals

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