A SABBATH REFLECTION: PONDERING EXHAUSTION + LIFE EDITS

## MATTHEW 11:28-30

"Come to Me all you who are weary and burdened, and I will give you rest..."

Before diving into this SOULution worksheet, understand the"why" behind this soul care exercise and make sure you go to the <u>companion blog</u>. Bonus: to accompany you through this journaling experience, listen to the audio of my <u>5-minute pastoral guidance</u>.

MY EXHAUSTION POINT OF VIEW	MY CURRENT STRESSORS
MY SHALOM-MAKING SUPPORT	MY ONE HOLY PLAN OF
MY SHALOM-MAKING SUPPORT SYSTEM	MY ONE HOLY PLAN OF ACTION/BABY STEP CORTISOL EDIT
MY SHALOM-MAKING SUPPORT SYSTEM	MY ONE HOLY PLAN OF ACTION/BABY STEP CORTISOL EDIT
MY SHALOM-MAKING SUPPORT SYSTEM	MY ONE HOLY PLAN OF ACTION/BABY STEP CORTISOL EDIT
MY SHALOM-MAKING SUPPORT SYSTEM	MY ONE HOLY PLAN OF ACTION/BABY STEP CORTISOL EDIT
MY SHALOM-MAKING SUPPORT SYSTEM	MY ONE HOLY PLAN OF ACTION/BABY STEP CORTISOL EDIT
MY SHALOM-MAKING SUPPORT SYSTEM	MY ONE HOLY PLAN OF ACTION/BABY STEP CORTISOL EDIT
MY SHALOM-MAKING SUPPORT SYSTEM	MY ONE HOLY PLAN OF ACTION/BABY STEP CORTISOL EDIT
MY SHALOM-MAKING SUPPORT SYSTEM	MY ONE HOLY PLAN OF ACTION/BABY STEP CORTISOL EDIT

A SABBATH REFLECTION: PONDERING EXHAUSTION + MY LIFE EDITS © 2021 MOHAWKMOMMASTUDIO.COM