



The
Games
People
Play









FEAR

Fear of missing out
Fear of falling behind
Fear of not mattering

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Relax, and take a break.



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**Do not steal.
You must not murder.
You must not have any other God but me.**



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DEUTERONOMY 5:12-15

“Observe the Sabbath day by keeping it holy, as the Lord your God has commanded you. You have six days each week for your ordinary work, but the seventh day is a Sabbath day of rest dedicated to the Lord your God. On that day no one in your household may do any work. This includes you, your sons and daughters, your male and female servants, your oxen and donkeys and other livestock, and any foreigners living among you. All your male and female servants must rest as you do. Remember that you were once slaves in Egypt, but the Lord your God brought you out with his strong hand and powerful arm. That is why the Lord your God has commanded you to rest on the Sabbath day.



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Relax, and trust me.



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MATTHEW 6:31-33

So, don't worry about these things, saying, 'What will we eat? What will we drink? What will we wear?' These things dominate the thoughts of pagans, but your heavenly Father knows all your needs. Seek the Kingdom of God above all else, and live righteously, and he will give you everything you need.

Where in my life do I need some breathing room?



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