

Ready, Rest, Refresh!!!

Summer is a good time to slow down, regroup, and re-energize.

We are usually in the "ready, set, go" mindset of our daily busyness or anxious thoughts. This summer, let's adopt a "ready, rest, refresh" attitude.

Our first appointment should be with God who invites us to come to Him, and He will give us rest. What a promise! Let's start our summer off right...let's go to Him now.