

## Sabbatical Plan

May 15 - July 31

### What does rest look like to me?

Reset/ Rest with God, Jill, Kids, Others

Being and Receiving

#### **Be with Jesus**

Sit, cease from striving, not earning, no weight, guilt or shame from him.  
Enjoy, delight, savor. Present. Filling.

#### **Receiving from Jesus.**

Served by the savior. Open handed. No fear. Adopted, Co-Heir. Humbling. Gift of his love.

28 Come to me, all who labor and are heavy laden, and I will give you rest. 29 Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls. 30 For my yoke is easy, and my burden is light.” **Matthew 11: 28-30**

28-30 “Are you tired? Worn out? Burned out on religion? Come to me. Get away with me and you’ll recover your life. I’ll show you how to take a real rest. Walk with me and work with me—watch how I do it. Learn the unforced rhythms of grace. I won’t lay anything heavy or ill-fitting on you. Keep company with me and you’ll learn to live freely and lightly.” **Matthew 11: 28-30**

### **Psalm 23**

1 The Lord is my shepherd; I shall not want.

2 He makes me lie down in green pastures. He leads me beside still waters.

3 He restores my soul. He leads me in paths of righteousness for his name's sake.

4 Even though I walk through the valley of the shadow of death, I will fear no evil, for you are with me; your rod and your staff, they comfort me.

5 You prepare a table before me in the presence of my enemies; you anoint my head with oil; my cup overflows.

6 Surely goodness and mercy shall follow me all the days of my life,  
and I shall dwell in the house of the Lord forever

### **This Sabbatical is a season of being and receiving. How do I find rest with God, Jill and Kids**

**With God,** - Being still, silent and listening. Outdoors. Alone and with others. Delighting in his word. Fasting.

**With Jill** - Date nights, enjoying each other, walks and hikes, laughing, growing our communication skills. Good, slow meals.

**With the Kids** - intentional time and conversation with each of them. Exploring, laughing and sharing experiences. Playing games and new experiences

## Daily Rhythms

Morning & evening walks  
 Silence and listening  
 Fixed hours of prayer journaling  
 reading/ listening

## Weekly Rhythms

Care for yard and house - outside  
 Tin Man group  
 Prayer with others  
 Dates with Jill  
 Day of Fasting

## Other Rhythms -

Meals with friends  
 Check in with Matt Kessler  
 Marriage building with Matt Kessler

## Prep

Soul Care Retreat in Buena Vista Colorado - April 26-29 Jill and I.

## Sabbatical Road Trip June 1- July 4th

Travel to Victoria, Canada 10 days there, Two weeks in Victoria, 8-10 days home. places to stay on Road Trip: Cloudcroft, NM; Flagstaff, AZ; Los Angeles, CA; Petaluma, CA; Oregon Coast, Tacoma, WA; Boise, ID; Twin Lakes, CO;

Looking for AirBnB or Hotels in Cloudcroft; Possibly LA; Oregon Coast; Moab, UT

## Purpose of the Trip

Time as a family to enjoy each other, God's creation and friends. Plan is to stay with friends along the way, take adventures in National Parks, sight seeing, and enjoying new places. Two weeks of slower time in Victoria, hiking, exploring. Slow rhythms. Reading/ listening to books. Meeting new people. Being with Jesus.

We will be staying with and connecting with many people in our Soma family. This will be a great encouragement and chance to see how God is at work in his church.

As we travel intentional conversations about Jesus with the family and how we might live a life of resting in Him.

## How you can Help:

### PRAY

We covet your prayers. 11:28

### Give

#### through Venmo or Zelle

Direct donations are not tax-free, and aren't taxed to us. @randy\_moore\_

#### through Soma

Gifts giving through planning center will be seen as charitable giving, but will be taxed before given to us.

### Serve in Soma

Serving by committing your time, talent and treasure to Soma will be necessary in this season.

## Sabbatical Budget

Soul Care Retreat (April 26-29)	\$1,000
ROADTRIP JUNE 1- JULY 4	
Passports	\$800
Hotels/ Air BnB	\$1,500
Adventures on the way to Canada	\$1,500
Gas	\$1,500
Victoria and PNW Excursions	\$3,000
Adventures on the way home.	\$1,500
Car Rental or Vehicle Prep	\$2,300
Food - 34 days @ \$150	\$5,100
Missed Work (Second Job) Randy	\$2,700
	\$20,900