

# i hear: rest

short podcasts



i hear

bring the sacred into your  
everyday

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## i hear: rest

**Rushing and stressing are the hashtags that mark our generation.** Ask anyone how they've been and they will answer, "busy!" While God is about fruitfulness, He is not about busy. God's plan always includes margin, space and **rest**. When He sees we have exchanged His pace for the rat race, He calls us to come, rest and take a load off at the foot of the cross. #restinhim.

**Please take a moment to rest in His presence and receive a little grace and peace.**

Push the play button below to listen to *i hear: rest*.

Take time today to rest in Him. He is our peace.

Have a blessed day!

*Mary Kane*

Original music for *i hear* and *i pray* podcasts, *Scott's Rhapsody*, by Scott Kane from the band, *In Due Time*.

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