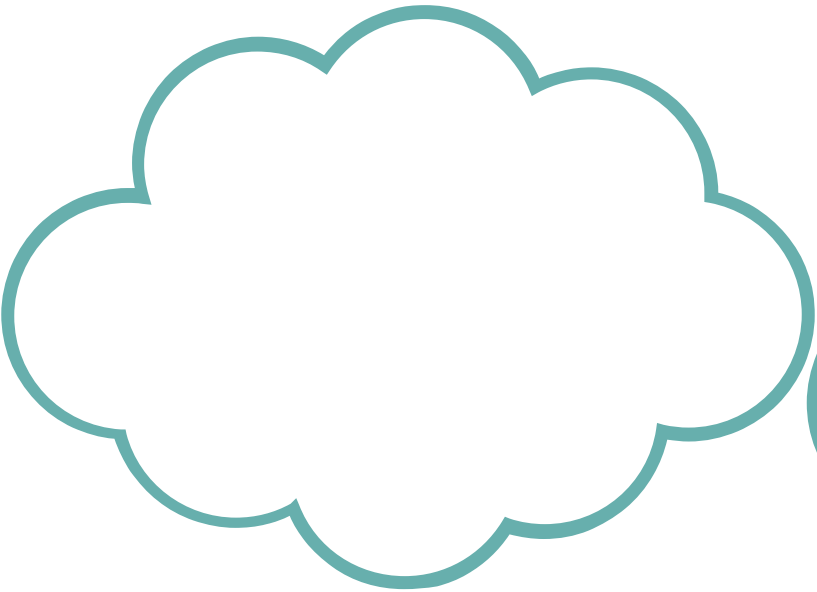
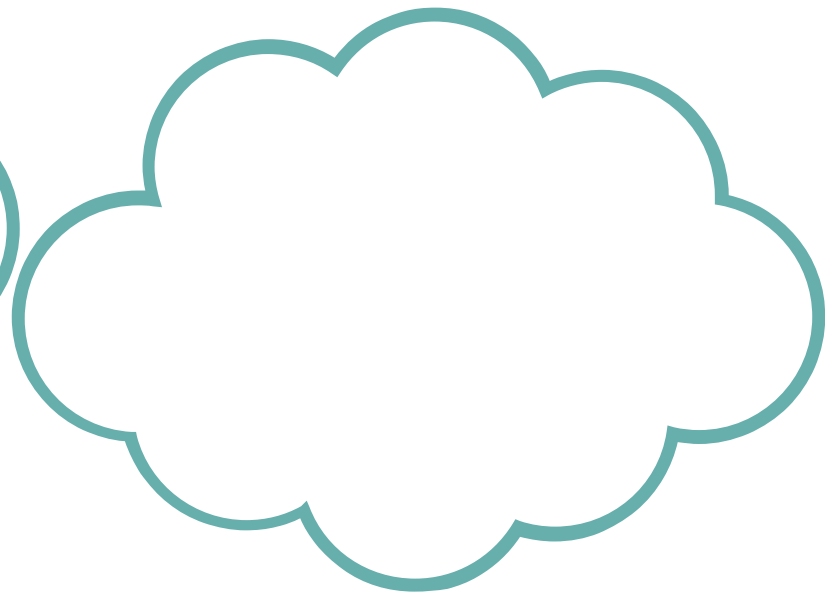


Launch! Faith Formation Rest Journal Page

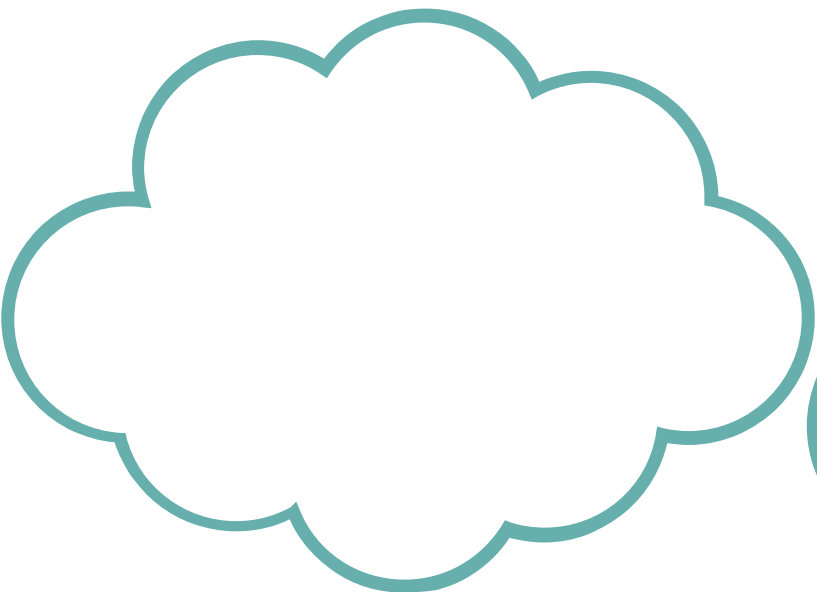
Why is rest important?



How are you currently taking
time to rest?



How do you need to be more
intentional about rest?



What is one thing you will do
this week to rest?

