



The 10,000 Toes Campaign presents:



Health Keys

Welcome...



Ultimate Rest

Tonight we will unlock yet another health blessing.

Let's begin by unpacking the definition of a word we all know very well.

REST



The dictionary defines rest as stopping from activity in order to relax, recover strength, and be refreshed.

In other words, rest is not just doing nothing—
it's giving your body and mind the chance to be restored.
But here's the challenge...

In today's world, many of us stop—but we don't truly rest.
We might stop working... but our minds keep racing.

We might sit down... but we're still distracted, still busy inside.

And over time, without real rest, something begins to happen.
We become tired... not just physically, but mentally and emotionally as well.

Rest

- Hourly
- Daily
- Weekly



Even students have shown great improvement in memory and academic performance when they learn the art of taking regular, restful breaks from study.

The question is...

Why did God design us to need rest so regularly?



True Rest

When was the last time you truly rested?
Not just stopped working—but actually felt rested?”

... Imagine a canoe out on the ocean.

It’s been moving all day—through waves, through wind, carrying people, doing its work.
But what happens if that canoe is never brought back to shore?
If it’s never given time to rest?
Over time, it begins to wear down.

The wood weakens.
The strain builds.
Eventually... it can no longer carry the load it was designed for.

But when the canoe is brought ashore—
when it is given time to rest, to be cared for, to be still—
it is restored...
and ready to go again.



- **Stress**
- **Work**
- **Media**
- **Stimulants**
- **Etc.**

God knew from the start that our world would become a rat-race.

He knew we would be flooded with work, noise, media, stress, stimulants that provide only fake energy, and a cycle that does not stop.

But like that canoe, we were not designed for this kind of routine. We were not designed to keep going non-stop.

We were designed to need regular time to rest, to recover, to be renewed.

That is why a day of rest is not a burden...
it's part of the design.

Weekly Rest

- **Physical restoration**
- **Mental clarity**
- **Emotional balance**
- **Spiritual connection**



Why does a weekly rest day matter?

● Physical restoration

A regular rest day allows the body to recover, repair, and reset.

● Mental clarity

It gives the mind a break from constant thinking and pressure.

● Emotional balance

Without rest, stress builds up. With rest, it begins to release.

● Spiritual connection

It creates space to reconnect—with God, with others, and with what really matters.

It is just like your phone -

If you keep using it and never recharge it, what happens?

The battery runs down... and eventually it stops working all-together.

In the same way, that weekly day of rest was designed by God for recharging your life.

Blue Zones

Rhythms with rest
Longer life

There is a woman from the Loma Linda community, one of those rare “Blue Zone” places where people seem to live longer and stronger lives.

She never thought of herself as special. She simply described her life as steady and structured.

Each week, she would stop.

Not just slow down—but actually stop.

No work.

No pressure.

No running from task to task.

One day each week became a rhythm of rest.

She would spend time with her family, share meals, walk outside, talk with friends, and take time for reflection and faith. It wasn’t complicated. It was consistent.

As she grew older, researchers noticed something about her generation. Many were not only living longer—but they were still mentally sharp, socially connected, and physically active well into their later years.

When she was asked what made the difference, she didn’t talk about medicine or discipline or effort.

She simply said that life had always included a rhythm of stopping—of resting properly, reconnecting with people, and not living in constant pressure.

And over time, that rhythm seemed to carry her further than she ever expected.

Not just adding years to her life... but adding strength to those years.
She didn't try to extend her life.
She simply honoured a rhythm of rest.

She honoured the Creator, and God took care of the rest.



- **Worship**
time
- **Family**
time
- **Nature**
time
- **Quiet**
time

In the weekly Sabbath rest, God has set aside special time - like a special appointment - for

Worship time

Family time

Nature time

And Quiet time

This kind of rest was designed to be different. It was not just about stopping work, but doing the things that restore us.

You need time to restore, right?

It's not a burden - it's a gift!

Look at the peace and beauty of the nature God has created here in the Pacific islands!
[point to picture].

Do you take time to appreciate God's creation?

God set aside

An entire day to appreciate His handiwork and to

- rest

- breathe

- and be renewed.



Let's do another health challenge...

Are you ready?

In the next 24 hours, take a few minutes to plan your next day of rest.

👉 Be specific:

- What will you stop doing?
- What will you include that will help you feel rested and restored?



Want to unlock **more?**



REACH OUT!

If you would like support in your health journey, please join me at the end of the program, for a chat.