

# HOW TO TAKE A BREAK (WITHOUT FEELING GUILTY)

*Erin Cox*

**All quotes are from Erin Cox unless otherwise noted.**

RESOURCE: [https://sheworkshisway.com/wp-content/uploads/2021/04/An-Intentional-Retreat-Guide\\_SWHW.pdf](https://sheworkshisway.com/wp-content/uploads/2021/04/An-Intentional-Retreat-Guide_SWHW.pdf)

We forget that we are members of our families too.

Fake breaks:

- extended grocery trips
- stay up too late after kids go to the bed

Fake breaks prolonged the meltdown.

I FELT like I was running away from my family.

I was not running away from my family, I was running to God.

There is very little time to do deep work on your heart.

After I stepped away, I came back with a fresh passion for my family.

Benefits:

- marriage stronger
- faith purposeful
- motherhood more intentional
- more aware of own needs

I became aware of how detached I had gotten.

We forget who we are as individuals.

When we will our own needs, we can serve our family better.

Burnout: just want to get away from everyone.

Spiritual bootcamp for myself.

Break: Create division or separation that allows breathing room.

Intentional time that works for you.

## All quotes are from Erin Cox unless otherwise noted.

Consistency in doing this is important.

Refresh our souls, minds.

Luke 5: Jesus took breaks.

Guilt: attacks, criticism, broad in nature.

Guilt comes from things that are not scriptural.

Conviction: scriptural, from God, specific.

CLASSES IN ARCHIVES:

For more info on Guilt vs. Conviction, please watch Somer's class titled: **The Difference Between Guilt and Conviction**

For more info on Sabbath, please watch Michelle's class titled: **Keeping the Sabbath Holy for Working Moms**

Take time to pray about it.

Take time to get away - put on the oxygen mask for yourself first.

Teach your children to take care of themselves by showing them that mom and take take breaks too.

Connect to what brings you joy.

Prepare for a restful weekend for yourself.

You can't leave God out of it and it actually restore your soul.

We are made to sacrifice, love, serve, and enjoy our busy, hectic lives. But we are also made for limitedness- in the image of an unlimited Creator who was willing to humble Himself and \*stop\* just to show us how good and right it is to do so.