

# Ten

## Week four: personal reflection

### Scripture:

[Exodus 20:8-11](#) , [Mark 2:23-27](#)

### Observe:

What do these passages say about God? What do they say about us?

What principles or promises does He want us to embrace in our lives?

What was something that stood out to you from this week's message about rest?

### Apply:

Have you ever developed the regular rhythm of sabbath? What benefits do you think you would experience if you did?

What changes would you need to make in your life to prioritize the gift of rest? What gets in your way?

How has this "forced sabbath" as a country made you to think about your priorities in new ways?

### Pray:

- For courage to follow God's Spirit to live more restfully and peacefully
- For your neighborhoods and networks during time of crisis
- For needs in your family
- For our nation and people to see their need for Jesus and to care for each other

### Share

Share one way this week's message impacted your life with someone close to you.