

## Lessons From A Quarantine

### Week four - Personal Reflection

#### **Scripture:**

Matthew 11:28-30

#### **Observe:**

What do Jesus' words in this passage mean to you?

#### **Apply:**

What can you do to trust Jesus more this week with the load you are carrying in your life?

This week, we learned a new way to think about rest through an acrostic:

- Routine – good habits that keep you from burnout
- Encouragement – uplifting others instead of focusing on yourself
- Silence/Solitude – intentional focus time to pray & listen to God
- Time – doing the things that matter most

Which of these areas do you struggle to trust God with?

#### **Pray:**

Spend some time praying about the burdens you are carrying in your life and picture Jesus carrying those burdens with you. Spend some time praying for those close to you to find the easy yoke Jesus offers in their life.

#### **Share:**

Share a way the message impacted you with someone close to you.