

lifeLines Utility

REVIVE

Rest: God Rested

Reading My Bible: 30 Things

This method of reading scripture allows space and time for the Holy Spirit to specifically speak to our hearts through God's Word. This method is better suited for shorter passages.

Read the passage a few times. Let it sit with you. As insights, ideas, questions, applications come to mind, jot them down.

This method is best done by trying to find "30 Things" in 30 minutes. Adjusting for your lifeGroup schedule, try to do either "5 Things in 5 Minutes" or "10 Things in 10 Minutes".

After each person has had time to record their ideas, spend time sharing what stood out to you. What questions did you have? How did God speak to you in his Word today? What will you do this week because of what you have read?

PASSAGE: [Genesis 2:1-4](#) and [Exodus 20:8-11](#)

PRAY

Thank God for His creation, and thank Him for one of your favorite aspects and for the care He takes in the details. Ask God to quiet your hearts and minds and spend 120 seconds in silence. Pray that God would help you when you resist resting, and that He would help you find rest according to His commands and design.

LOVE

How can you model and practice Sabbath rest yourself, to encourage and cultivate similar practices in your household? What one thing will you do this week to help each other build Sabbath rest into the weekly routine?

