

# An Invitation to **REST!**



## Helpful Information

### Why should I accept the invitation to rest?

- ➔ To GROW IN OUR FAITH through intentional discipleship.
- ➔ To GROW IN OUR FAITH as we learn the biblical value of rest.

### How do I get the most out of this week?

- ➔ Watch the videos each day.
- ➔ Complete the daily study sheets.
- ➔ Commit to daily prayer.
- ➔ Be honest as you “make it personal.”
- ➔ Spend time in daily meditation.

### How do I watch the videos?

Videos may be accessed on the church’s Facebook or YouTube Pages as well as the website.



[smallchurchbigprayerwarriors](https://www.facebook.com/smallchurchbigprayerwarriors)

[www.sandprairiebaptistchurch.org](http://www.sandprairiebaptistchurch.org)



[@sandprairiebaptistchurch281](https://www.youtube.com/@sandprairiebaptistchurch281)

### What if I get behind or my schedule presents a problem?

This week of discipleship is designed to be self-paced and fully customizable to fit your schedule. That said, all the materials are available online and may be accessed anytime.

Videos will be uploaded the night before and will remain online for future access.

Sample study sheets have been provided for you as a guide to provoke a train of thought. They can be downloaded from the website if needed. [www.sandprairiebaptistchurch.org](http://www.sandprairiebaptistchurch.org)

## Helpful Hints

The following information is designed to assist you in using the worksheet.

1

Read the Scripture Focus for the day.

It is recommended to read over the Text:

➔ Repeatedly

➔ Carefully

➔ Prayerfully

2

After you have read the Text, write out some observations that come to mind.



Observations should be simple, plain, obvious and very importantly, DIRECTLY FROM THE TEXT.

There are questions to assist you in your examination of the passage.

3

Resist the temptation to overwhelm yourself with expectations! The goal is to spend time with God in His Word and let it be a restful experience! You do NOT have to fill in every blank, nor do the answers have to be RIGHT.

4

Just like the observation stage, the interpretation stage also comes with questions to guide you as you gain an accurate understanding of the passage. Observation is like identifying the puzzle pieces while interpretation is assembling them, revealing the image.

5

Finally, we proceed to the application stage where we discern ways to apply the passage in our own context. Again, questions are given to guide our focus and shape our understanding as we live as the disciples of Christ and reflect His truth.

6

Make it personal! Best thing here is to allow yourself to be honest and vulnerable. Write out the challenges and the ways the Scripture comforts you. Think on it and let that prevail in your prayer to the Lord!

7

Any amount of time spent with the Lord in His Word is a good thing! Free yourself of pressure and understand the great opportunity you have to simply “BE” with God this week. Let the “BEING” with God energize our “DOING” for God!

**LET’S BE DISCIPLES!**