

DAILY BIBLE JOURNAL | Monday April 13 – Friday April 17

Monday April 13

1. When do you feel most rested? What helps you to rest in your current rhythm of life?

Read Deuteronomy 5:6-15

2. Why does God command them to rest? How could this shape our perspective on rest today?
3. Reflect on your current attitude towards rest. How do you feel about the idea of resting?

Spend time in prayer, asking for God to be at work in your rhythms of work and rest and to help you honour Him in them.

Tuesday April 14

Read Psalm 61:1-8

1. Verses 1-2 and 5-6 are almost identical. Why is it significant that David repeats them here?
2. By considering what else is said in the Psalm, why does David find rest for his soul in God?
3. When, if ever, in your life has it felt like you found rest for your soul in your relationship with God? What contributed to this?

Spend time in reflection on your own rhythms of rest. Thank God that he offers you rest, salvation and hope.

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Wednesday April 15

1. What are the biggest things that prevent you from resting?

Read Matthew 11:28-30

2. In what ways could Jesus' invitation put your mind and heart at ease about finding rest?
3. Identify two simple ways you could accept Jesus' invitation to rest by handing worries, burdens, or areas of work that are stressful over to him

Spend time in prayer asking for God's help in this area. Allow it to sit for a few days and then reassess how you're going with it.

Thursday April 16

Read Psalm 121

1. In what ways does the Lord help the psalmist throughout this psalm?
2. How should this lead the reader to respond to God?
3. In light of reading this psalm, how are we urged to rest in God more than our own capabilities?

Spend time in repentance for the times you fail to trust God through resting. Ask for His help to develop healthy rhythms of rest in your life.

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Friday April 17

Read Mark 2:23-28

1. Given that the Sabbath was made for man, and that Jesus is Lord of the Sabbath, how can you embrace this practice without being like the Pharisees?
2. Write down 3 ways you could 'rest' or 'worship' on the Sabbath
3. Spend time writing down a plan for who you'll spend a 'Sabbath' with, when you plan to have this time, and how you pray you'll use this time.

Commit this to God in prayer and ask for His help. Pray His grace would help you to rest well here while we wait for an eternal rest with Him in glory.