



September 1 & 2, 2018

For all who have entered into
God's rest have rested from their
labors, just as God did after
creating the world.

- Hebrews 4:10 NLT



TAKE IT DEEPER



Read the full passage in your Bible - Hebrews 4:1-11.

Reflect

When was the last time you felt fully rested? What gets in the way of resting?

What does God know about us that He would lift up rest as so important?

What do you need to let go of to experience true rest in God?

Pray

Listen to what God tells you about His rest.

Pray for families with kids starting school and for their teachers.

Pray for those who suffer with chronic illness and for their loved ones.