



BiG iDEa: God invites me to number my days.

Growing Deeper this week...

Our lives are busy and fast-paced. A lack of margin can increase our stress and shorten our tempers. Take some time throughout this week to read and reflect on what God's word says on the subject from the Bible passages below. Some questions are provided for you or a small group of friends to provide focus for your reflection. Before your start: Breathe, pray, ask the Holy Spirit for help.

Identify

Think about one of the happiest times in your life. What was your schedule like during that period?

Read

Scriptures to grow by... Psalm 90:10-12, James 4:10-17, Mark 2:23-28, Joel 2:25-32, Exodus 20:8-11, 1 Cor. 10:23, Ephesians 5:16, Job 7:16, Isaiah 40:7-8.

Reflect

1. What words, phrases or ideas stand out to you from the Bible readings you read today? What do you think God may be leading you to consider about adding to or subtracting activities from your schedule?
2. How do these words, phrases or ideas connect with your everyday life? What do they lead you to think or to do?
3. Read Psalm 90:10–12. Do you tend to think of your days as endless? Why is it difficult for us to number our days? What might Jesus want to say to you about this? What do you want to say to him?

Respond

Moving forward... Do you currently or have you ever kept a Sabbath day? If so, what were the benefits? If not, what is challenging about the idea of taking a day off from your responsibilities and obligations? This week, consider praying "*teach me to number my days*" ... Then, get a pen and paper while you rest to listen for God's response. Consider sharing your discoveries with a trusted friend.