

FIFTEEN TO THRIVE



S A B B A T H



1 MIN

Come Holy Spirit.

Invite the Holy Spirit into your time with God and pause to recognize His presence with you.



2 MIN

God rested.

Read Genesis 2:1-3.

Sit with the reality that God rested. Ask yourself why.



3 MIN

Do you rest?

Journal for a few minutes on your own rest pattern. Do you share God's value for rest?



4 MIN

Obedience.

Read Hebrews 4:9-11.

Notice the connection between rest and obeying God. What is it about rest that helps you to obey God? Is your life marked by obedience to God?



5 MIN

Come to me.

Read Matthew 11:28-30.

Obedience is first coming to God. Jesus invited us to come to him. Spend some time talking to him today about the rest you need right now in your life.