



**Check In**

Connect with God honestly about where you are at



**Reflect**

'Review until' something stands out to talk to God about



**Share**

Talk with God & others about what is now on your heart to do

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**Check-In**

God is glad to connect with you. He wants to hear how you are doing. Take a moment to notice your primary emotion of the day to help yourself be fully present. Consider whether you are primarily sad, angry, scared, happy, excited, tender. Share with God that emotion. Share an appreciation.

**Reflect**

Spend some time with the biblical texts and the resources below. Consider starting by making some observations or reading until something stands out to you; feel free to pause when the Lord prompts you. Talk with God about what encourages, challenges, or confuses you.

**Read Deuteronomy 5:12-16; Matthew 12:1-14**

*The central reality being described is that God is the one who orders the world—for rest and relationship. Life formed by Sabbath observance means to trust, work, and live under the direction of God in the every day and received marked time for renewal amidst the chaos. For true and total rest comes not as an escape from work, but to guide and remind how one day humanity and the earth will received eternal rest (peace, harmony, freedom). A people marked by rest—withdrawal from work and connection to God—stands in contrast to lives built only by the achievements of humanity, which always crush. We celebrate God and his goodness in community for ourselves and the world.*

**Relationship** - What stands out to you about being in relationship with God and our stewardship as his covenant people?

**Revelation** - What do you notice about the reality of God's world and ways?

**Character** - What do you learn about God as holy, and how, as his covenant people, we are invited to be like him?

Watch [Sabbath](#) video by the Bible Project

**Share**

Be quiet for 3 minutes. What do you sense God is saying to you? How will you respond faithfully this week? The community is built and encouraged when we share out of our like experiences, gifts, time with God, and reflect on Scripture. What insight, question, or experience do you want to share with us?

**Steps for Everyday Faith, Family, and Mission because of Jesus**

- What are you thankful for? What challenges are happening in your life, family, and community?
- What did you like/not like about the Scripture?
- What did you discover about God and/or people in the passage?
- How is God inviting you to respond and live with Him this week?
- Who do you know that needs to hear this?
- Ask God: How can I bless (body, labor, emotions, social, spiritual) those people who need this?