

Renew - Week 3

Oct 9, 2022

Look Back:

What did you fix your thoughts on this week? How did this restore your soul and help you heal?

Look Up:

Read [Exodus 20:8-11](#) and [Exodus 34:21](#)

1. Why do you think God included “rest” as one of the Ten Commandments?
How is this commandment different from the other commandments?
2. How easy is it for you to intentionally take a day of rest each week?
What do you typically do or think about when you take time to rest?
3. How might thinking of rest as a “command” rather than a suggestion, change what you typically do or think about when you take time to rest?

Read [Psalm 23:1-3](#) and [Psalm 46:10](#)

4. In Psalm 23, David talks about how God leads him to places and times of rest.
How easy is it for you to look to and depend on God for rest?
5. According to these verses, what should be some of the results of our taking time to rest?
6. How easy is it for you to think of rest as a way to honor God?
What makes this easy or challenging for you personally?

Overall (Discovery Bible Study)

- What do these scriptures say about God?
- What do they say about people?
- How will I apply this to my life?

Look Ahead:

What is one daily habit that you can substitute for a time of silence?

What do you need to create this new habit?

Notes

One key problem with silence is it leaves us alone with our thoughts. Too often we don't know what to do with them. We need to improve our ability to set aside the trivial for the essential. Silence and solitude allows space for that to happen. Silence can allow our brain the rest from input that allows us to address old stuff as needed.

Let God transform you into a new person by the renewing of your mind (Romans 12:2) This happens best and most effectively when we intentionally distance ourselves from other things that fill our minds and thoughts, take time to rest in silence and allow God to lead us to places of calm, stillness and restoration.