

VIDEO 2 Study Guide

Read Genesis 2:2 - when you think of God resting, what images of Him come to your mind? Why do you think He didn't just stop from His work on Day 6 and that was the end of all His work, but instead He created another entire day (Day 7) for rest - an entire day of no labor and no working? Why? There are no right or wrong answers to this, but just really give it undistracted thought.

When I told on the video that, as we live in rest, life changes ... what changes would you want to see in your life? What changes have you already identified in your life that need to take place? Changes in how you eat, drink, how you care for yourself, or how you care for someone else? Maybe they are changes that have been habits of your life for way too long. Start a conversation with God about these changes and don't worry about saying something wrong. Just let Him hear you share with Him your thoughts about this.

On a piece of paper, would you consider writing down those changes you'd like to see? But do this ... write slowly. Resist the urge to write in bullet form, but instead (like the Psalms) write from your heart and write as you feel, being totally honest.

Read Psalm 34:17. Read it slowly out loud. What word or phrase is speaking to you? Jot it down. Don't force it, but instead simply jot down the word or phrase that seems to be drawing your eye right back to it.

Read Psalm 55:17. Same thing. Read it slowly out loud.
Now Read Psalm 145:19. When you read Psalm 55:17 and then Psalm 145:19, what do you see as a repeated characteristic of God?

Write it out here -

With this being true. With this bringing rest to your mind, what do you want to cry out to Him, or what do you want to simply voice to God — knowing He hears you. He hears every sigh, every word, every thought that you try to articulate but still feel you can't. He hears your heart, and that is what needs to rest in His comforting care.

Do you find it difficult to rest? Explain.

Before next Thursday, I hope you will create in your home your "resting place." And when you do, I want to see it...all of the ladies in this group would love to see what you created, so post it on our Facebook Group page, ok?

I'm praying for you friend ...and I know that through this series, we will have fun (Rip videos will be all over the place!!! haha!)) and we will draw closer to each other, too!