

Sunday, March 15, 2015



Dwelling . . . Dwelling Places

How to use Talk It Over:

Talking through the message during the week helps you turn what God is saying to you into action steps. Begin with the key questions and then wrap up by deciding on your next steps. You can use this study guide with your small group, your family, or on your own.

Key Questions:

- Sit down and take a look at your schedule for the coming week. Are there any places of rest? If not - can you carve out any time of rest this week?
- Look at your pace of life over a couple of months. What do you notice about how and where you spend your time?
- This week try making room for Sabbath rest. If you can't find a whole day to do nothing but rest this week, plan ahead for when you will take an entire, whole day to do nothing but rest. Do only things which put you in the presence of God and refresh/renew your soul - whatever that is - but no shopping, running errands, doing laundry, etc.!

Reading for this week:

Monday: Mark 1:35-38

Tuesday: Exodus 20:10-11

Wednesday: Luke 5:15-16

Thursday: Matthew 11:28-29

Friday: Mark 6:30-32