



Session One

Where do you currently feel burdened and weary? Get it all out...don't hold any back.

What actions, that you don't like, come out of you when you are tired and depleted?

How do you currently try to harness and control your time?

In an ideal world what does coming to God look like? How do you currently "go to God"?

"Be still and know (recognize, understand) that I am God. I will be exalted among the nations! I will be exalted in the earth." Psalm 46:10

What does this verse mean to you?

Journal prompt: (Write thoughts on the back or in your own journal.)

Based on Matthew 11:28-29 share with God how you would like Him to provide you rest. Ask for what you need.



Session Two

What definition of rest have you created based on culture?

How do you define rest from God's perspective?

What reasons do you have for believing you don't deserve rest?

Why does God believe you do deserve Sabbath?

Does Sabbath feel less valuable to you than the other commands in the Bible? If so, why?

Journal prompt: (Write thoughts on the back or in your own journal.)
Based on Hebrew 4:9-11 confess why Sabbath doesn't feel like it needs to be a weekly priority.



Session Three

If you continue a life without Sabbath what do you predict life will look like 5 years from now?

When you imagine a life with Sabbath what do you envision it will feel like?

What about your childhood or personal journey has shaped your views on rest?

What brings a smile to your face and why?

Does the idea of simply being with God rather than doing things to prove yourself to God sound scary? If so, why?

Journal prompt: (Write thoughts on the back or in your own journal.)

Read John 10:10. Based on that verse share with God what abundant life would look like for you personally?



Session Four

“I let go of my relevant self – the self that can do things, show things, prove things, build things – and force myself to reclaim that unadorned self in which I am completely vulnerable, open to receive and give love regardless of any accomplishments.” Henri Nouwen

What can you stop doing, showing, proving and building for 24 hours?

What fears surrounding this concept do you need to release to God?

What would you love the opportunity to play with?

What is one thing you want to experiment with in letting go of? When do you want to start?

Journal prompt: (Write thoughts on the back or in your own journal.)
Read Matthew 6:25-34 and share with God how you would like to grow in trusting Him surrounding your daily worries.



Session Five

What obstacles do you see getting in your way of your Sabbath time?

What do you want to do about those obstacles?

How can Sabbath be a response of love back to God rather than just one more thing you add to your to-do list?

What do you need to clearly communicate with others about your Sabbath time so that expectations don't mess you up?

Who can you ask for accountability and what do you want to ask of them?

Journal prompt: (Write thought on the back on in your own journal.)

Read James 4:7-8 and talk with God about what has blocked you from submitting in the past to honoring Sabbath and share with Him what you desire to do different.

WEEKLY CHALLENGES

Below is a challenge corresponding to each session. While they are 100% optional these challenges will push your heart, mind and soul one step further in processing what rest means from God's perspective. Honestly, these are one of my favorite parts of the whole coaching e-course. I would love to share in them with you. If you choose to share publicly you can #cravingrest and I will find you that way or you can always email me.



- 1** Hand write Matthew 11:28-29 ten times on note cards or post-it notes. Place the reminders around your home, car and work place. I even put them behind the potty door. Any time you are naturally pausing be reminded of where to go when you are feeling overwhelmed. Let this truth saturate you.
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- 2** Create your own “Be Still & Know” reminder. You can paint it, buy a print from Etsy, grab a t-shirt or even a cuff. Place a Be Still & Know graphic from the internet as your screen saver and/or set a reminder on your phone to go off an hour before you desire to go to bed that says, ““Be still, and know that I am God.””
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- 3** Find at least one childhood or recent photo of yourself that expresses joy. Take some time and journal about the memory from the photo. What was happening? Where were you? What were the smells and tastes? Tape the photo on your bathroom mirror. If you have more than one, then tape them in various places you frequent.

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- 4** Research opportunities for play this week. It could be going to see a local high school play, an art class or photography class offered at your local community college. Our town offers cooking classes and nature walks. Check out Meetups.com and see if anything jumps out at you. Explore ideas for adventure and see what the churches in your area have going on.
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- 5** Be brave and tell a friend about your Craving Rest journey. Tell them about your desire for Sabbath and what it will tangibly look like in your life. Ask them to check on you the day after your planned Sabbath time. Community is the one of the best ways you can turn this from a hope into a habit.
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