



memory verse: James 1:19-20

#### DAY ONE:

read **Hebrews 4:11-13**

One major point in the book of Hebrews is about falling away from God. This passage focuses on the rest of the Sabbath. Why is this passage important? Do you take time to rest? Rest can come in different forms. Physical rest, mental rest, and spiritual rest. Focus on taking time to rest this week. Take time to focus on the Word of God and all the things that Jesus is doing in your heart.

#### DAY TWO:

read **John 10:27-28**

***"God is always speaking, we simply struggle to be aware of His voice."*** Do you agree with this statement? Make a list of ways you think God speaks. For example: the experiences of those in the Bible, through creation, advice from a friend, or a song. How do you hear Him speak?

#### DAY THREE:

re-read **Hebrews 4:11-13**

According to this passage what does hearing the Word of God do? How does hearing God speak reveal the thoughts and intentions of the heart? In what ways do you feel your heart being tugged? Allow the Holy Spirit to give you more self-awareness.

#### DAY FOUR:

read **John 14:26**

Have you ever thought of the Spirit being someone with whom you are supposed to have a relationship? Do you have a relationship with the Holy Spirit? The Father sent the Holy Spirit to be a helper who will teach us and help us. Pray and ask the Holy Spirit to help you become more aware of His presence.

#### DAY FIVE:

read **Romans 8:26**

When you feel weak, tired, and burned out it is easy for contempt to sneak in and take over. It can be hard to hear God's voice over that contempt. What steps can you take on a regular basis to continue to find rest in His presence to overcome the noise of contempt? What are some changes in your routine or way of life that will help you hear God's voice more clearly?

#### NEXT STEPS

***What would it take to attend Grace Based Marriage: February 6, 9am-1pm***

Discover your Design: February 20, 8am-Noon

Financial Peace: February 9 through April 5, Tuesday nights 6:30-9:00pm

Couples Connect: February 14, 7pm