**This is Your Season**

**Where you will find rest for your soul!**

**Sabbath Rest for You and Me**

1. Write three things that would hinder you from establishing your day of rest. What will you do about them?
2. Write three steps you will take to establish your day of rest.
3. At this point, if you have any frustration, stop and pray. Ask God to help you establish your day of rest. Tell Him your frustration and pray about it.

Meditate/Journal: Write Father and ask Him about resting. What does He want you to know? Try doing a word study of “rest” and “Sabbath” in the Bible. What words or Scriptures does the Holy Spirit use to stir your Spirit?? What other words or Scriptures come to mind?