



MON 1-9

▼ SCRIPTURE

Psalm 116:8-9

▼ THOUGHT

"You, God, have delivered me from death, my eyes from tears, and my foot from stumbling, so I'll walk before the Lord in the land of the living." [CEB] When we feel restless we can regain our sense of purpose by focusing on how God has saved us. We are meant to experience an enduring peace that is deeper than our day-to-day circumstances. Take a moment today to reset your perspective, and give thanks for this day to be alive!

▼ PRAYER

God, thank you for this reminder that you are near. You have rescued my soul and offered me grace and compassion. I thank you for this new week to serve you with thanksgiving in my heart. Amen.

NOTES: _____

TUES 1-10

▼ SCRIPTURE

Psalm 130:5-6

▼ THOUGHT

"I hope, Lord. My whole being hopes, and I wait for God's promise. My whole being waits for my Lord—more than the night watch waits for morning; yes, more than the night watch waits for morning!" [CEB] Is there something you have been waiting on God for--perhaps praying about for years? We cannot lose hope in God's goodness! We won't always understand why things don't happen in our desired timeline, but we can demonstrate our faith through prayer.

▼ PRAYER

Faithful one, I trust you with my whole being. Help me continue to believe that you are working for good in this world. Use me to help bring about your plans and increase my patience as I wait for you. Amen.

NOTES: _____

WED 1-11

▼ SCRIPTURE

Philippians 4:6-7

▼ THOUGHT

"Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus." [NLT] Our ongoing dialogue with God invites peace into our circumstances. Worrying is like groping around in the dark. Without the wisdom and guidance of God, it is futile.

▼ PRAYER

God of comfort, you alone can give lasting peace. When I begin to let worry consume my thoughts and rob me of sleep, remind me that you are the greatest confidant and friend. Amen.

NOTES: _____



THURS 1-12

▼ SCRIPTURE 1 Timothy 6:6-8

▼ THOUGHT "A devout life does bring wealth, but it's the rich simplicity of being yourself before God. Since we entered the world penniless and will leave it penniless, if we have bread on the table and shoes on our feet, that's enough." [MSG] Sometimes our restlessness can rise when we have forgotten what the necessities of life really are. Our constant awareness of God's provision in our lives will lead to our contentment.

▼ PRAYER **Faithful God, forgive me when I have harbored feelings of dissatisfaction and ingratitude. You are my provider, and I thank you for the countless ways you have met my needs. Amen.**

NOTES: _____

FRI 1-13

▼ SCRIPTURE Psalm 19:14

▼ THOUGHT "Let the words of my mouth and the meditations of my heart be pleasing to you, Lord, my rock and my redeemer." [CEB] What is your heart "meditating on" today? This psalm implies that we can ask God for help as we choose what to talk and think about. The psalmist knew it was important that these things please God! It is sometimes easy to believe that our thoughts and feelings are beyond our control, but God wants to renew our minds! Ask for help with that today.

▼ PRAYER **God of renewal, thank you that you are still working on me, making me into a new creation. I want to cooperate with your spirit, so I ask that you would increase my attentiveness to the focus of my heart. Amen.**

NOTES: _____

SAT 1-14

▼ SCRIPTURE Matthew 5:6

▼ THOUGHT "Happy are people who are hungry and thirsty for righteousness, because they will be fed until they are full." [CEB] Jesus shared with us the key to true satisfaction. When our desire is simply to become more like Jesus, we are poised to have our truest needs met. Jesus worked for justice, healing, and peace, and our purpose is carrying on that work in the world.

▼ PRAYER **Precious Jesus, help me keep my God-given purpose in mind. Help me to find satisfaction as I help others to know the love of Christ by becoming more and more invested in living as Jesus did. Amen.**

NOTES: _____

DIGGING DEEPER



▼ **Intro** What's chipping away at your soul? What's getting in the way of you becoming the person who God created you to be? In this message series, we will explore ways we can neutralize damaging influences, and care for our souls. Often, we find ourselves wound up, unable to be fully present, to find deep rest. That is the toxin of a restless soul.

▼ **Reflect**

- What is the most relaxing vacation you have ever had? What made it so relaxing?
- Ecclesiastes 2:22-23 describes the curse of the restless soul. "I mean, What do people get for all their hard work and struggles under the sun? All their days are pain, and their work is aggravation; even at night, their hearts don't find rest. This too is pointless." [CEB]
 - How restless is your soul? What do you think might be causing your restlessness?
 - The restless soul is searching but never finding. What things is your soul currently searching for?
- Read Psalm 62:1 and Matthew 11:28-29. These verses show us that the only place our souls can find rest is in God alone.
 - What is keeping you from finding rest for your soul in God?
 - What steps can you take to remedy that?
- Describe what you think it means to "Be still and know that I am God" [Psalm 46:10, NIV].
- Two ways we can find rest in God are waiting and reflecting.
 - What are you currently waiting for God to help you with? How patient are you being?
 - In Psalm 116:7 the psalmist says, "Return to your rest, my soul, for the Lord has been good to you." [NIV] What are some regular practices that help you reflect on God's goodness? Can you think of some creative ways to acknowledge God's faithfulness in your life?

▼ **Prayer** **Lord, grant me peace of mind and calm my troubled heart. Sometimes it feels like my mind is going a million miles an hour and I need your help to slow it down and find rest. Thank you for your peaceful presence in my life. Amen.**

DIGGING DEEPER

▼ What did I learn? _____

▼ How might it apply in my life? _____

▼ What is a next step I can take? _____

