



START HERE

WHERE TO START...

All trips begin with an awareness of the beginning. So, where are you? Take 5-10 minutes to write out your answer. Don't rush to answer it and check it off your "to-do" list...take some deep breaths. Ask the Holy Spirit to help you see and identify where you are in life. Think about the last year and how your life was affected. Write down what comes to mind (even if it seems random or inapplicable at first).

WHAT GOD SAYS...

"Are you tired? Worn out? Burned out on religion? Come to me. Get away with me and you'll recover your life. I'll show you how to take a real rest. Walk with me and work with me—watch how I do it. Learn the unforced rhythms of grace. I won't lay anything heavy or ill-fitting on you. Keep company with me and you'll learn to live freely and lightly."

Matthew 11:28-30 (MSG)

TODAY, I WILL...

Read this passage slowly three times—out loud on the final reading. Write down 2-3 phrases that grab your heart's attention and what God is saying to you through these phrases. Pick the one phrase you find yourself drawn to the most and use it to finish this sentence. After reading His word and seeking His voice...

TODAY, I WILL _____

TODAY, MY PRAYER IS...

*Heavenly Father, you know where I am.
You know the weary and worn-out parts of me. I
ask that you help me to see them for myself.*

*Jesus, you know where I am.
You offer to teach me your unforced rhythms of grace.
Help me to humbly learn from you.*

*Holy Spirit, you know where I am.
I need your leading and presence in my life.
Release your healing in my life.*