



Rest and Release
Reflection / Discussion Questions

Week 1

Day 1

What is distracting you? Is there something that is making you feel anxious or troubled? Identify it and ask the Lord for wisdom on how to release it so you can love Him more.

Day 2

In what area do you feel like Satan keeps knocking you down? How can you take a stand against the enemy's schemes this week?

Day 3

Is there something that is depleting you that you need to take a long rest from? Pray about this concern and seek godly counsel if you are unsure.

Day 4

What has worn you down? In what area of life, do you want to sharpen your ax?

Day 5

Are you battle weary and in need of a time of withdrawal so your soul can be restored? How can you make that happen this weekend?

Week 2

Day 1

What is something you have created that you love? How does understanding your affection for what you have created help you understand God's affection for you and bring you rest?

Day 2

How does knowing that you always have a loving guide in your life bring you rest?

Day 3

In John 15, Jesus calls you His friend. How does knowing that you always have a friend with you bring you rest?

Day 4

How does knowing that you are a child of God comfort you and bring you rest?

Day 5

Is there any reason, after looking this week at how much God loves you and pursues you that you cannot rest in God? Whatever concerns you still have, take them to Jesus in prayer. Ask Him to remove the lies the enemy is telling you and give you rest.

Week 3**Day 1**

What is your favorite song to sing to Jesus? Why is it your favorite?

Day 2

What do you need to release in prayer today? Write your prayer below.

Day 3

Look around the room and take time to reflect. Make a long list of things you are thankful for today.

Day 4

What is inside your bag that you have been hiding from those around you? Take it out now and give it to God.

Day 5

Is there something in your life that you need help with? What is keeping you from getting the help you need from friends or family? If it is pride, humble yourself. If it is because you don't feel like you have anyone to turn to, pray God brings a God fearing woman into your life and until then, go see a pastor or counselor.

Week 4**Day 1**

What is killing your heart? What is getting in the way of you experiencing the rest that Jesus offers you today?

Day 2

What verse brings you peace and rest when you are worried? Do you think others can see the peace of God in you?

Day 3

How has God restored your soul through your past 4 weeks in His word? Has anything changed inside of you?

Day 4

What is one trial God has faithfully brought you through and how does remembering God's faithfulness remind you that you can trust him with today's trials?

Day 5

In what ways can others see your strength, dignity and inner rest? What areas do you need to work on so others can see more of God in you?