#SoulSurvival

Week 7

Anchor of the Week:

Be still and know – Be secure
#SoulAnchor

Verse of the Week:

Psalm 46:10
Cease striving (be still) and know that I am God; I will be exalted above the nations, I will be exalted in the earth.

My Anchor says:

MY QUESTIONS:

- How might silent prayer help anchor you?
- Do you currently have a 24-hour period where you completely rest from work (including work-related texts, emails, social media)?
- Do you have any fears (or challenges) around living with a 24-hour sabbath? How can a “friend” help you overcome these?
- In what ways might keeping the sabbath shape your identity as a child of God?
- How might you plan ahead so that you can embrace sabbath rest?
- Given your unique character, what would bring you the most life on your sabbath? What would drain you? How do you feed your soul?
- What is the relationship between surrendering to God and receiving God's guidance?