



## **DISCUSS**

- 1. How's your soul? Are you at rest?
- 2. What or who is trying to pursue you and steal your rest?
- 3. Where do you need to embrace humility, gratitude, and margin to find rest inside of you?

## **READ**

- Jeremiah 6:16
- In what ways are you a roadblock to your own rest? Where are you trying to get rest apart from God?

## **PRAY**

God, may we seek and find rest for our souls in you. Help us to learn to rest in you and experience the fullness of what you have for us.

## Circle Leaders

Ask this question in your Circle: Are you engaging in the 60 Day Reading Plan? If so, what is the Holy Spirit saying to you? If you haven't started the reading plan, today is a great day to start!