



*Weekend Message on March 22, 2026*

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## DISCUSS & ENGAGE THE SCRIPTURES

Access our [Bible App event](#) with Scriptures and message notes from the weekend.

1. Where did you experience the peace or presence of God during our weekend experience?
2. We practiced meditating on God's Word using the following Scriptures: Matthew 11:28-30, Psalms 62:5-6, and Isaiah 30:15.
  - Was this practice easy or hard for you? Why?
  - What did you notice in yourself as you slowed down and sat with His Word?
3. Find the peace video that we experienced this weekend [here](#). You can listen to this together or have everyone open the lyrics to take turns reading a paragraph out loud. Once you finish, reflect and share what Jesus is saying to you.
4. How might God be inviting you to include "selah" in your daily life practically?

## PRAY

Jesus, thank You for peace, rest, and Your Word.