

VIDEO

Physical Series



LESSON: REAL REST



THE POINT

Find out why rest is critical and how you can get it.



QUOTES

We can survive for extended periods without eating, but not for long without sleeping.
- professor of nutrition

TO-DO

Write down the specific hours you slept each day in the last week. Evaluate your rest patterns from last week, and last month, and invite God to identify any changes that would lead to your greater wholeness in this area.

Read:
Matthew 8:11
1 Corinthians 6:19

QUESTIONS

- 1 - What routines or environments help you to rest well at night (or during your regular periods of sleep)?
- 2 - When you have been sleep deprived, getting less than 7-8 hours sleep per night on a regular basis, what do you notice about your health in other areas of the SPIRE? Are you more easily angered or frustrated; feel depressed or more distant from God; or, notice a difference in your mental or physical responses?

MY NOTES

PRAYER