

## Scripture Reading Plan for Sabbath & Rest



### Week of 4/23

Genesis 2:1-3

Genesis 18:1-15

Psalms 23

Mark 3:1-6

Exodus 20:8-11

### Week of 5/14

Romans 14:5-13

Psalms 4

Mark 4:35-41

Mark 6:6b-13, 30-32

Exodus 33:7-16

### Week of 4/30

Leviticus 25:1-16

Psalms 16

Matthew 11:28-30

Matthew 12:1-8

Exodus 16:1-30

### Week of 5/21

Hebrews 4:1-13

John 15:1-27

Psalms 37:1-9

Revelation 14:12-13

Revelation 22:1-6

### Week of 5/7

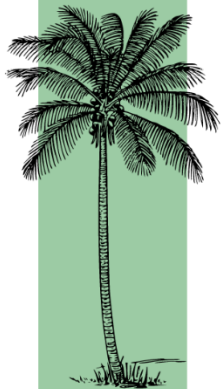
Psalms 46

Luke 5:12-16

Luke 13:10-17

Isaiah 56:1-8

Deuteronomy 5:12-15



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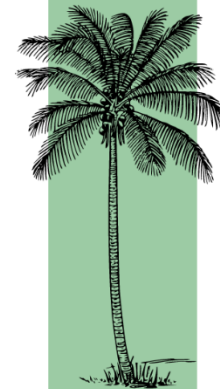
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# You Can Hear From God



## Stillness

- Spend 5-20 minutes in silence.
- Give yourself grace as you allow your spirit to settle.

## Attention

- Read or listen to the scripture for the day.
- What word, phrase, or verse captures your attention?
- Underline it or copy it onto a piece of paper.

## Connection

- What connections can you make to other scriptures?
- To your own experience or current situation?
- Or, to the character and promises of God?

## Invitation to Action

- What is God inviting you to trust, say, or do?
- How will your life be different because of this scripture?

## Pray

- Talk to God about what you just experienced or anything else on your heart.



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