WEEK 7

Anchor Passage

Matthew 11:25-30 — Rest for the Weary

Read the passage at least five days

Practice

- Pray Lectio Divina at least three times.
- Write at least one HEAR journal
- Memorize: Matthew 11:28
- Challenge: Practice Sabbath for 24 hours. Turn off work emails, social media, and focus on rest, worship, and delight.