

Day 1: Read Psalm 63

1. How does David describe his longing for God?
2. Do you truly believe His, "steadfast love is better than life?" In what ways do you doubt this?
3. In what ways do you live out that life is better than His steadfast love?

Day 2: Read 1 Peter 5:6-11

1. What does it look like for you to cast all your anxieties on God?
2. How does His care for you impact your living?
3. Why do we struggle to humble ourselves?

Day 3: Read Matthew 11:25-30

1. What is rest? What does it have to do with God?
2. How can you be gentle and lowly in heart?
3. How was Jesus gentle and lowly in heart?

Explore More

Read Isaiah 40:28-31. What does it mean that God, "does not faint or grow weary; his understanding is unsearchable?" How does God help the weak? How do you need to wait on the Lord?

