



RESTING & RENEWAL

A 3-Week At-Home Bible Study Series

God's invitation to rest, renew, and be refreshed

Summer is a great opportunity to slow down, reflect, and reconnect with what truly matters. While our church may be on break from formal gatherings, our time with God continues. This 3-week at-home Bible study series, 'Resting & Renewal,' invites you to lean into God's rhythm of rest, to rediscover Sabbath as a sacred gift, and to be refreshed and renewed for what's ahead.

Each week includes a theme, scriptures to reflect on, a devotional reading, practical questions for personal or family discussion, a suggested activity to deepen your experience, and a closing prayer. Whether you go through it alone, with your family, or in a small group, our prayer is that these weeks will leave you rested, restored, and ready to walk boldly into the next season with clarity and strength in the Lord.

Remember, rest is not a reward—it should be a habit. And renewal is not a luxury—it's a promise.

Theme Verse: “Come to me, all you who are weary and burdened, and I will give you rest.” – Matthew 11:28 (NIV)

Prepared with love for your Summer Church Break

Week 1: “The Invitation to Rest”

Date: Wednesday, July 16th

Main Scripture: Read Matthew 11:28–30

Supporting Scriptures: Read Psalm 62:1–2, Isaiah 40:29–31

This Week

This week is about realizing that rest isn’t just a break from activity—it’s a return to intimacy with Jesus. When we say yes to His invitation, we allow Him to carry what we were never meant to bear alone.

Scripture Insight

Jesus’ words in Matthew 11:28–30 offer more than comfort—they challenge the way we think about rest and how we carry life’s burdens. He invites the tired and burdened to come to Him, not to perform or prove themselves, but to rest. The “yoke” He speaks of was a farming tool used to harness animals together—symbolizing the demands of life, religion, or people. Jesus offers a different kind of yoke—one that is rooted in grace, peace, and partnership with Him. In *Psalm 62*, David declares that his soul finds rest in God alone, affirming that true rest isn’t circumstantial—it’s relational. *Isaiah 40* reminds us that even the strongest grow weary, but those who hope in the Lord find supernatural strength.

Devotional Reflection

God never intended for us to live burned out, overwhelmed lives. Jesus invites us to come to Him when we’re weary. Rest in the Bible isn’t just physical—it’s spiritual, emotional, and mental. Jesus offers us rest for our souls, not just a nap.

Reflection Questions

- Have you truly released your burdens to the Lord?
- In what ways do you resist rest? Why?
- What does 'rest for your soul' look like in your current season?

Family/Personal Activity

Take a slow walk or sit outside in silence for 15–30 minutes. Focus on breathing, thanking God for His presence and peace. Play quiet worship music or read Psalm 62 aloud.

Closing Prayer

Lord, help me to accept Your invitation to rest. Show me how to lay down the weights I carry and trust You with my time, my emotions, and my future. In Jesus’ name, Amen.

***Consider Sowing Seed:** May your seed be planted in good soil and bring forth a bountiful harvest in due season.

Week 2: "Making Time to Rest God's Way"

Date: Wednesday, July 23rd

Main Scripture: Read Exodus 20:8–11

Supporting Scriptures: Read Genesis 2:1–3, Mark 2:27

This Week

This week is all about learning to pause and make time to rest in ways that honor God. When we stop and rest, we show that we trust God to take care of everything we're worried about. Resting God's way helps us slow down, focus on what matters, and remember who He is.

Scripture Insight

In Exodus 20:8–11, God commands His people to “remember the Sabbath” and keep it holy. This is the only commandment that starts with the word “remember,” showing us that God knew we might forget how important rest is. The Sabbath isn't about following strict rules—it's about trusting God enough to stop working and enjoy Him. Even God rested after creating the world, not because He was tired, but to set an example for us. In Mark 2:27, Jesus reminds us that “the Sabbath was made for man,” meaning rest is a gift from God, not a burden.

Devotional Reflection

The Sabbath isn't just an old tradition—it's a gift for your soul. God created rest on purpose. Jesus reminds us that the Sabbath was made to help us, not to restrict us. When we rest the way God intended, we find peace, renewal, and joy that work, and busyness can't give.

Reflection Questions

- How can you create a “Sabbath moment” in your week—even if it's not on Sunday?
- What activities help your soul truly rest (not just scrolling or watching TV)?
- What do you need to say “no” to, so you can say “yes” to rest and time with God?

Family/Personal Activity

Make a “Sabbath Box.” Put away your phones, planners, or anything work-related for a few hours. As a family or on your own, play a game, go for a walk, read scripture, or eat a peaceful meal together.

Closing Prayer

God, thank You for the gift of rest. Help me slow down and make space for You in my life. Teach me to enjoy Sabbath as a blessing and not a burden. Help me trust You with my time. **Amen**

***Consider Sowing Seed:** May your seed be planted in good soil and bring forth a bountiful harvest in due season.

Week 3: "Renewed for the Journey Ahead"

Date: Wednesday, July 30th

Main Scripture: Romans 12:1–2

Supporting Scriptures: 2 Corinthians 4:16, Isaiah 43:18–19

This Week

This final week encourages us to take what God has poured into us during rest and prepare to walk forward in faith. Renewal isn't the end of rest—it's the fruit of it. God is always working on something new in us, even in quiet seasons.

Scripture Insight

Romans 12:1–2 calls believers to present their lives as living sacrifices, not conformed to the world but transformed by the renewing of the mind. True renewal starts inwardly—it's a shift in mindset that impacts everything outward. Paul uses the word “transformed” from the Greek *metamorphoo*; the same word used for Jesus' transfiguration—implying a complete change. In 2 Corinthians 4:16, Paul affirms that though the outer body may be tired or worn down, the inner self is renewed day by day. Isaiah 43:18–19 pushes us forward: “Forget the former things... I am doing a new thing.”

Devotional Reflection

Renewal is God's specialty. He doesn't just want to refresh your body—He wants to transform your mind. This season of rest is not a pause to lose momentum, but a chance to gain clarity for the next chapter. God is doing a new thing—can you perceive it?

Reflection Questions

- What old habits or thoughts do you need God to renew?
- What has God revealed to you during this time of rest?
- What are you preparing for spiritually in this next season?

Family/Personal Activity

Make a 'Renewal Vision Board' using paper or a poster. Include scriptures, dreams, goals, and prayers for the rest of the year. Dedicate it to God as a family or individually.

Closing Prayer

Lord, thank You for renewing my strength, mind, and heart. As I move forward, help me to walk in purpose, with clarity and peace. I trust that You are making all things new. Amen.

***Consider Sowing Seed:** May your seed be planted in good soil and bring forth a bountiful harvest in due season.