

The welcome verse for this week is Psalm 62:1-2, "For God alone my soul waits in silence; from him comes my salvation. He only is my rock and my salvation, my fortress; I shall not be greatly shaken."



Deep Breath In
Psalm 23; Psalm 127:2
Matthew 11:28-30; Mark 2:27

Bottom Line: Rest happens when we become present to His presence.

Application & Conclusion:

Reflection Questions:

1. What does this teach me about God?

2. What does this teach me about me?

3. How do I apply this to my life?