



Day Four

Listen to the episode. Read the following questions, and write your answers in the box provided.

What is the effect of stress? How does it affect people? How does it affect you personally?

Reflection: Matthew 11.28-29: Come to Me, all who are weary and heavy-laden, and I will give you rest. Take My yoke upon you and learn from Me, for I am gentle and humble in heart, and you will find rest for your souls. Meditate on these verses today. Let them sink deeply into your soul. Spend some time being quiet. Just resting in silence as you worship God.

Prayer.

Day Five

Listen to the episode. Read the following questions, and write your answers in the box provided.

What do you do on Sunday? Do you rest? Is God calling you to take time for rest?

Reflection: *The Sabbath was made for man, not man for the Sabbath.* If the Sabbath was made for man, what benefit do you gain from observing the Sabbath? Is there anything you either need to start doing or stop doing on the Sabbath? How is God challenging you?

Prayer.