

Walking with Andy

Prayer Guide: Week 5 [September 13–September 19]

This week let's take a break (a rest) from the normal regiment of daily prayer that this prayer guide normally dishes out and exchange it for a time of reflection. In the sermon on Sunday, Pastor Jon talked about Sabbath as a means by which God blesses His people by giving them rest. Jesus is inviting us to stop our "performing and striving and achieving and earning," if only for a few minutes, and come to him so that he can refresh our hearts.

Find some time at the beginning of the week to read through these scriptures and think through these questions and let them guide your prayer times. May it be a refreshing week for you.

Guiding Scriptures:

- Isaiah 40:28–31;
- Deuteronomy 5:12–15;
- Mark 2:23–28;
- Matthew 11:18–29

Guiding Questions:

- Where do you need rest right now? Come to Him, ask for it, and take time to receive it.
- What striving do you need to give up so that He can give rest to your soul?
- To whom can you give rest? Is there someone in your life who is exhausted? How can you be Jesus to them this week?