

# DIGGING DEEPER

(for the week of May 17-23, 2009)

## Sunday

Why we should rest

*Read and reflect on:* Job 3:25-26; Isaiah 40:28-31; John 4:6

## Monday

Where to find rest

*Read and reflect on:* Psalm 23; Psalm 62; Matthew 11:28-29

## Tuesday

How to find rest

*Read and reflect on:* Psalm 91; Isaiah 32:17-18; Jeremiah 6:16

## Wednesday

Enemies of rest

*Read and reflect on:* Isaiah 57:20-21; II Corinthians 7:5;  
Luke 10:38-42

## Thursday

Find a place of rest

*Read and reflect on:* Mark 1:29-37; 6:30-31; Luke 4:42

## Friday

Rest is a choice

*Read and reflect on:* Genesis 2:1-2; Hebrews 4:9-11;  
Exodus 20:8-10

## Saturday

Be still

*Read and reflect on:* Exodus 14:14; Nehemiah 8:9-11;  
Psalm 37:1-7; Psalm 46

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