

DIGGING DEEPER

(for the week of Oct 18-24, 2009)

Sunday

Rest in the Old Testament

Read and reflect on: Ex 20:8-11; 31:12-18; Psalm 116:7;
Gen 2:1-3; Ex 16:4-5

Monday

Rest in the New Testament

Read and reflect on: Mark 2:27, 6:30-31; Heb 4:1-11

Tuesday

Some thoughts on resting

Read and reflect on: Matt 11:25-30; Jer 31:25; Isa 40:28-31

Wednesday

Some thoughts on resting

Read and reflect on: Prov 25:25; Ecc 4:6; 13-16

Thursday

Some thoughts on work

Read and reflect on: Ecc 2:17-3:14; Matt 6:25-34

Friday

Remember the Sabbath

Read and reflect on: Jer 17:22; Lev 19:20, 26:2; Deu 5:12

Saturday

A final thought on the eternal Sabbath

Read and reflect on: Rev 21:2-4