

**The Chapel Family Bible Reading Program – Sept 17 – 22**  
***Doing Life Together – SHIFT from Rushing to Resting***

**MONDAY:**

**KEY VERSE:** Exodus 33:14

**OBSERVATION:** We've all said one of these at one time or another. It is easy to work ourselves into a place where we are not getting enough rest. Rest has many forms: sleep, vacations, hobbies, naps, etc. When was the last time you took inventory of how much rest you are getting? Rest is important for many reasons.

**TUESDAY:**

**KEY VERSE:** Genesis 2:2-3

**OBSERVATION:** God ordained rest when he created the Sabbath. In Genesis 2, on the seventh day of Creation, God rested and created the Sabbath. He commands us to do no work and to keep the Sabbath holy. By the seventh day God had finished the work he had been doing; so on the seventh day he rested from all his work. And God blessed the seventh day and made it holy, because on it he rested from all the work of creating that he had done. Genesis 2:2-3

**WEDNESDAY:**

**KEY VERSE:** Mark 6:31

**OBSERVATION:** Lack of proper sleep is linked to many increased health risks including obesity, heart attack, and stroke. Attaining the proper balance of work, rest/relaxation, and sleep will help you be more productive and retain more information. Rest and sleep are also a great tool to manage stress and maintain strong mental health. Have you ever worked with that person who never took time off? Don't let that person be you!

**THURSDAY:**

**KEY VERSE:** Exodus 23:12

**OBSERVATION:** If you are consistently missing meals, bedtime with your family, kids' activities, date night, time in your hobbies, church, quiet time with God, or time with friends, you are too busy! Slow down. Each of these activities are important. If you don't invest time in these areas, don't expect anything positive from them. I understand you can't do all of them every day, but you must do each of them some of the time.

**FRIDAY:**

**KEY VERSE:** Philippians 4:6-7

**OBSERVATION:** How many times in a week do you spend time in each of these:

God – quiet time, church, small group, personal ministry, etc.

Sleep – overnight, mid-day naps, etc.

Family – dinner time, bed time, your child's activities, family night, date night, etc.

Friends – hanging out, small talk, activities you both enjoy, etc.

Hobbies – sports, crafts, outdoor activities, collecting, games, etc.

Develop a plan to improve the areas you aren't allocating any time towards. You will see noticeable impact in all aspects of your life as you become more relaxed and better rested.

**SATURDAY:**

**KEY VERSE:** Psalm 23

**OBSERVATION:** Obviously David spent his time doing just that. Psalm 23 is a testimony of David. Every verse of it testifies of a truth about God and the relationship David had developed with Him. In Psalm 23, David painted with words, a picture of God as the Great Shepherd of his life. What David was to his sheep, he considered the Lord to be that and even more to himself as one of God's sheep.