

**Start Here**

This can be used for just you or with family. Wherever 2 or 3 are gathered in Christ's name, something special happens! You can do it all at once or over the week. We are glad you are here to worship with us even though we can't gather in person right now!

**PLAY**

Alone: Pick your favorite relaxing activity - sudoku, solitaire (with actual cards!) or something else that brings you joy!

With others: Play a quick game like Uno or Head's Up.



**WORSHIP**

Let's start with a song of worship. Pick your favorite song to listen to or sing out loud.

Suggestion: Even If I Fall  
By: Mike Cowart

**GET FED**

Eat a **COMFORT MEAL** with your family, What food makes you feel peace and comfort. Cook it and enjoy!

Everybody help set up and clean up.

For your Prayer: Everyone share one thing you're thankful for, then pray:

FOR THESE AND OUR MANY BLESSINGS,  
LORD WE GIVE  
YOU THANKS, AMEN.

## READ

"Are you tired? Worn out? Burned out on religion? Come to me. Get away with me and you'll recover your life. I'll show you how to take a real rest. Walk with me and work with me—watch how I do it. Learn the unforced rhythms of grace. I won't lay anything heavy or ill-fitting on you. Keep company with me and you'll learn to live freely and lightly."

**Matt. 11:28-30,**  
**The Message**

Whether large or small, the challenges of this present crisis can be traumatic. We're in a season where trauma seems relentless. When life becomes constant struggle, when isolation mixes with either boredom for some or over-working for others, internal turmoil can manifest in physical and emotional suffering. Our peace is disrupted by the whirlwinds of life, leaving us breathless and depleted. Joy can be stolen. The world would encourage us to numb this trauma-induced pain, the Christ offers another way. Come to him.

## READ THE PASSAGE ALOUD AGAIN:

Picture this: The anxieties of your life are like tornadoes, stressing every part of your existence. Think about what makes you most weary right now. As you read the scripture passage again, ask the Holy Spirit to lead you to a place of true rest. Ask Christ to invite you to find new rhythms of grace during this strange season.

1. If I'm really honest, I realize that my peace has been stolen by...
2. I am so weary of...
3. I give You the suffering of...
4. I accept your invitation of...
5. Help me to rest in Your...

## DISCUSS OR JOURNAL

### A.C.T.S. PRAYER TIME

**Adoration** - Sharing your love for God

**Confession** - admitting your wrongs

**Thanksgiving** - saying thanks for all you have

**Supplication** - asking for what you need

Close with another worship song!  
Suggestion: Another In the Fire  
By: Hillsong Worship