

SCRIPTURE

PRIMARY TEXT:

Mark 6:31

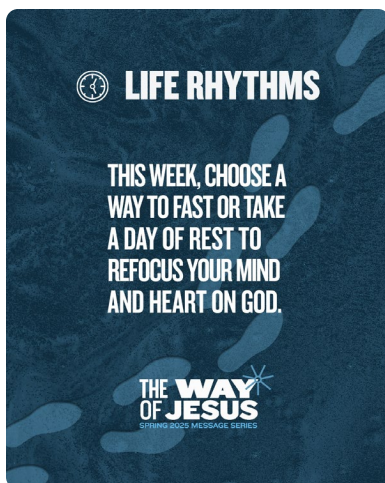
OBSERVATION AND APPLICATIONS

- What are some life rhythms you currently have—whether intentional or unintentional?

- Jesus said, “The Sabbath was made for man, not man for the Sabbath” (Mark 2:27). How does practicing Sabbath—setting aside time for worship, rest, and delight—benefit us spiritually, emotionally, and physically?

- Jesus often withdrew to quiet places to pray and be with the Father (Luke 5:16). How can practicing silence and solitude deepen our relationship with God?

- Ecclesiastes 8:15 says, “So I commend the enjoyment of life.” How does joy and play reflect God’s design for a healthy soul?



SCRIPTURE

Write which passage of scripture you are reading.

OBSERVATION

What is this text saying? What is the context? How does it fit with the verses before and after it? Are there any commands or instructions?

APPLICATION

How can you apply this verse to your life? What does this mean today? What is God saying to you?

PRAYER

Respond to the passage in prayer. Ask God to help you apply this truth to your life and spend some time listening to what He may be telling you.
