

# GROWING DEEPER

## Sabbath Rest

Hope and Rest for God's People

### Reading

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Read Genesis 12:1-9; 13:1-19; 16:1-16; 17:1-14; 20:1-9  
Read Isaiah 49:1-7

### Reflection

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- How does this relate to God's plan to bless all nations through Abraham/Israel?
- Who is the instrument of blessing or cursing in this passage and which one results, blessings or curses?
- In Isaiah 49:1-7 specifically, who is Israel here? How does it point to Jesus?

### Prayer

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*Our Heavenly Father, you are generous, gracious, and powerful and we thank you for creating us, loving us, redeeming us, and restoring us. Forgive us for the times that we have not walked in your ways, not lived out our purpose, and brought pain, suffering, and death to your world. Thank you for not abandoning us, for pursuing us, and ultimately for doing for us what we could not do or would not do ourselves. Graciously allow us to experience your Rest, your abundance, your life. Empower and lead us by your Spirit, shape us and hold us to be like King Jesus, and show us your glory. In Jesus' name. Amen.*

### Prepare

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In preparation, please read Exodus 1-18. Look especially for Sabbath-Rest connections.