



There remains, then, a Sabbath-rest for the people of God; for anyone who enters God's rest also rests from their works, just as God did from his. Let us, therefore, make every effort to enter that rest ..."
- Hebrews 4:9-11a

VIDEO 1: PROACTIVE WORK-LIFE REBALANCING

Application: Schedule a block of time this week for prayer and reflection over your weekly priorities. Ask the Holy Spirit to guide you through items on your agenda you need to let go of or delegate.

Next Step: Search for *Balance at Work* in the YouVersion Bible app and go through the 4-day reading plan. Write down your insights here. Read Hebrews 4 for a broader overview of what rest means to us as believers.

VIDEO 2: FINDING REST IN THE ROUTINE

Application: Dedicate some time in prayer asking God to show you areas where humility needs to be center-stage in your life.

Next Step: Search for *Balance at Work* in the YouVersion Bible app and go through the 4-day reading plan. Write your insights here. Identify ways you can consistently dedicate time in your schedule to rest in God's presence without distractions.

VIDEO 3: MANAGING PRIORITIES

Application: This week, set aside time to sit down with your home team to listen to their needs and preferences for the next week. Pray together before you begin. Write your experiences here.

Next Step: Schedule a consistent weekly time with your home team to prioritize their needs and build some balance into your work and home life.