

**PART 2: Recover + Re-Engage**

**DATE: 05-21-2023**

## START

When circumstances or experiences disrupt our lives we just need to get away and rest. Whether it's from the news, our jobs, our families, a death, or whatever it is, rest is required.

- What do you need rest from?
- What happens to you when you don't get the rest you need?

## READ

[Matthew 14:13a](#) (NIV)

"When Jesus heard what had happened, he withdrew by boat privately to a solitary place."

## THINK

Prayer and play can help us pause to recover from the onslaught of what life throws at us. We rest and play together so that we can re-engage the world together. So that as a gathering of people pursuing Jesus, we can reach more people and change more lives.

- What does your prayer life look like?
- How does prayer help us rest and recover?
- What is your go to activity for play and how does it help you recover?
- How can you prevent yourself from isolating yourselves from others?

## PRAY

"God, this week help me to take time to rest and recover. Help me make the time to pray and play with others so that I can re-engage the world and point people towards you."

## ACT

This week, unplug from whatever it is you need rest from. For example, if you watch the news every night and find yourself getting anxious afterwards, take a night off. When you unplug from what you need to unplug from, take note how you feel during and after unplugging.

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