

PC3 Rest Worksheet

This worksheet is designed to help you begin thinking about rest in the way Jesus thought about rest. Completing it will enable you to better experience an intentional day of rest that allows you to worship and connect with God as an individual, as a family, and in all of the ways that will truly create renewal in your heart, mind, soul, and strength.

Real rest is hard work. Be intentional about taking time to think about the items below and answer honestly. Rest is not about doing as much as possible but purposely engaging in activities that help you renew in the way God designed you.

1. Renewing your heart (your hobbies):

- a. **Write down 3 things** that renew your heart. (Examples: crafting, woodworking, gardening)

- b. **Choose 1 activity to do** from your list on our intentional day of rest.

- i. Keep it as simple as possible and set a time limit, e.g., 1 hour.
- ii. You can do this together as a family or as an individual.
- iii. Keep this question in your mind: *What am I learning about God as I worship and rest in this way?*

2. Renewing your mind:

- a. **Write down 3 things** that renew your mind. (Examples: reading, a movie, board games)

- b. **Choose 1 activity to do** from your list on our intentional day of rest.

- i. Keep it as simple as possible and set a time limit, e.g., 1 hour.
- ii. You can do this together as a family or as an individual.
- iii. Keep this question in your mind: *What am I learning about God as I worship and rest in this way?*

3. Renewing your soul:

- a. **Read:** 2 Corinthians 5

- b. **Write down 1 thing** that grabs your attention from this chapter and why it grabbed your attention. _____

- c. **Pray:** Based on the chapter you just read what do you feel led to pray about? Take some time to pray together and individually (out loud is best).

- d. **Give:** Be intentional as an individual and family to worship God through giving. Have a conversation with God and ask Him what you should give. Then give by going to www.mypc3.com/giving or use the Church Center app.

4. Renewing your strength (body):

- a. **Write down 3 things** that renew your body. (Examples: bike ride, walk on the beach, hiking)

- b. **Choose 1 activity to do** from your list on our intentional day of rest.

- i. Keep it as simple as possible and set a time limit, e.g., 1 hour.
- ii. You can do this together as a family or as an individual.
- iii. Keep this question in your mind: *What am I learning about God as I worship and rest in this way?*

Once you have renewed your heart, mind, soul, and body give thanks to God for allowing you to rest and worship Him in these different ways!

For more information, please scan the following QR code:



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