**Blog #10—Some Days are Just a Blur**

**Personal Reflection:**

1. What makes you feel overwhelmed and heavy burdened?\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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2. How do you get intentional about “slowing down”? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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3. How long does it take you to surrender to your own exhaustion?\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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4. What lessons keep recycling in your life? How will you know if you are ready to learn them and pass the test?\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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**Blog #10: Bible Study Application**

**S**cripture:

*“Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light.” --***Matthew 11:28-30 (NIV)**

***Read, write and memorize:***

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**S**tudy: When you study your life, what do you see? What observations can you make? What is God speaking into your life as you read, write and meditate on this Scripture?

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**R**elevance: What do you find the importance, relevance or practical application to be when digging deeper into this Scripture?

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**P**rayer: Dear Lord, after spending time with You today, please help me follow Your plan.

Hear my prayer:

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