

**How to Rest & Reflect:** *Sundays are for rest. Use them to relax alone or with family and friends, and reflect on the ways God is growing you and working around you.*

**How To Devote:** *One of the best ways to commit your whole self to Jesus is to spend time with Him in scripture and prayer. So, protect some time to **Read** the passage to understand it; **Think** about what it means about God, the world, or yourself; and **Pray** with God or ask for help. Remember: the goal is to grow a deeper trust in Jesus.*

Sun. **Rest & Reflect:** Rest with any habit that brings you joy or energy and reflect on the people who have supported and stuck by you.

Mon **Read:** Genesis 29:15–20 + Song of Solomon 2:2:9–17  
**Think:** What is the value of being attracted to people?  
**Pray:** your attractions to empower faithful relationships in your life.

Tue **Read:** Genesis 29:21–30 + Genesis 27:18–29  
**Think:** Does tricking his dad affect how you feel about Jacob being tricked?  
**Pray:** for greater compassion for people.

Wed **Read:** Genesis 29:31–35 + Genesis 21:14–21  
**Think:** Why does God especially care for people who are hurting?  
**Pray:** for someone who is hurting.

Thu **Read:** Genesis 29:15–20 + Luke 2:25–38  
**Think:** Why is patience essential to faithfulness?  
**Pray:** for the Spirit to help you humble your heart to God.

Fri **Read:** Genesis 29:21–30 + 1 Corinthians 6:12–17  
**Think:** Polygamy and prostitution were culturally acceptable. What marital or friendship habits are acceptable today, but still unfaithful?  
**Pray:** for someone caught up in unfaithful relational patterns.

Sat **Read:** Genesis 29:31–35 + Matthew 22:23–28  
**Think:** How is compassion essential to faithfulness?  
**Pray:** for someone in a difficult or messy relationship.