



TRINITY
Families

GOING DEEPER | AUG 22/23 2020

WARM UP

AS A FAMILY - WHERE DID WE SEE GOD AT WORK THIS WEEK?

IF YOU DID THE GOING DEEPER QUESTIONS LAST WEEK, DID YOU ACCEPT THE CHALLENGE TO FIND ONE WAY TO CELEBRATE WHO GOD IS AND WHAT HE HAS DONE? IF NOT, WHY NOT? DID YOU MAKE A PLAN AND IT DIDN'T GO WELL? HOW ARE YOU GOING TO TRY AGAIN THIS COMING WEEK?

WHETHER YOU GOOGLED IT OR NOT, WHAT WAS THE BIGGEST QUESTION YOU HAD THIS WEEK?

DIVE IN

SCRIPTURE: GRAB A BIBLE AND READ ISAIAH 30:1-22. MAKE A NOTE OF THE SUCCESSES OR ACHIEVEMENTS THAT ARE PROMISED BY GOD IF THEY ACKNOWLEDGE HIS CONTROL.

OBSERVATIONS: WHAT DID YOU NOTICE IN THE READING?

- WHAT WORDS OR PHRASES STOOD OUT TO YOU?
- WHAT STRUCK YOU AS SIGNIFICANT?

APPLICATION: HOW DOES THIS CHANGE HOW YOU LIVE TODAY?

- MAKE A LIST OF THE THINGS THAT FILL YOUR BUCKET AS A FAMILY. MAKE ANOTHER LIST OF THE THINGS THAT PARTICULARLY DRAIN YOU. IT'S OKAY FOR THESE NOT TO BE THE SAME FOR EVERYONE BUT HOPEFULLY YOU CAN START TO CIRCLE SOME OF THE FILLERS AND DRAINERS THAT OVERLAP FOR EVERYONE! REMEMBER THAT AN IMPORTANT PART TO STARTING A RHYTHM OF REST IS ESTABLISHING SOME FENCES BETWEEN THINGS THAT GIVE YOU REST AND THINGS THAT DON'T.
- NOW TRY IT! DECIDE ON A DAY THIS WEEK WHERE YOU'RE GOING TO REST AS A FAMILY!

NEVER STOP PRAYING

PRAYER:

- FOR THE DELAYED START TO OUR FIRE SEASON IN BC AND ALL THOSE LIVING CLOSE TO THE NUMEROUS FIRES.
- FOR YOUR DAY OF REST THIS WEEK! THAT YOU AS A FAMILY WOULD HAVE THE BEST ATTITUDE POSSIBLE HEADING INTO IT AND THAT IT WOULD BE A GREAT EXPERIENCE OF DELIGHTING TOGETHER AND WORSHIPPING GOD!