



July

WATCH FOR THE ARROWS

“God is sending love letters by way of divine arrows, pointing to what may seem like random details but are significant signposts of his covenant with us.” Page 131

1

Brave yeses pull God’s finger on a divine trigger, unleashing a new season.

2



3

MY HEART HAS HEARD YOU SAY, “COME AND TALK WITH ME.”
Psalm 27:8

4

God is at work but we won’t always see tangible evidence.

5

FAITH IS... CONVICTION OF THINGS UNSEEN.
Hebrews 11:1

6



7

When was the last time you were surprised by the way a prayer was answered?

8

I KNOW THE PLANS I HAVE FOR YOU.
Jeremiah 29:11

9

Sabbath remains holy and set apart because God is holy, different, other than.

10

Hope and rest are connected.

11



12

Read about the Hebrew meaning of *Noah* and why it is significant for us.
Page 123–124

13

What is the ark God is asking you to build for him?

14

How can Sabbath rhythms help you achieve purpose and calling?

15

SABBATH IS A SIGN OF GOD’S COVENANT
Lev. 24:8, Exo. 31:16, Ezek. 20:11–12

16

One of God’s attributes is giving us signs that his precepts are trustworthy.

17

What are the signs he is giving you? Document them.

18



19

We are worthy of time set apart for rest because God is worthy of our attention.

20

YOU ARE FEARFULLY AND WONDERFULLY MADE.
Psalm 139:13–16

21

Choosing a day outside of Sunday to Sabbath isn’t second best among the alternatives.

22

Give yourself permission to “waste time” for the sake of rest.

23



24

Sabbath rhythms become sentinels to those around you.

25

Worthiness is based on who you are, not what you do.

26

Information helps us to know about God, but Sabbath allows us to encounter him.

27

“Faith has to do with marrying the Invisible and Visible.”
Eugene Peterson

28

Ask God to show what worthiness looks like from his perspective.

29



30

Sabbath is love written large, declaring God is good; he remembers the promises between us.

31

The signs are all around us. Watch for the arrows.

“On the day we choose to abide on Sabbath, God appears like a gift delivered on our doorstep or an arrow shooting across a cloudless sky.”

