



Bible Study  
Reading Plan

# Rest and Renewal in Christ

A Four-Week Study

[ChristianWomensCorner.com](http://ChristianWomensCorner.com)





## **Four-Week Bible Study Reading Plan**

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# *Rest and Renewal in Christ*

### **WEEK 1**

#### **The Gift of Rest**

- Day 1: Genesis 2:2-3
- Day 2: Isaiah 30:15
- Day 3: Psalm 23:1-3
- Day 4: Matthew 11:28-30
- Day 5: Philippians 4:6-7

### **WEEK 3**

#### **Embracing Sabbath Rest**

- Day 1: Exodus 20:8-10
- Day 2: Leviticus 23:3
- Day 3: Mark 2:27-28
- Day 4: Hebrews 4:9-10
- Day 5: Isaiah 58:13-14

### **WEEK 2**

#### **Trusting God with Your Burdens**

- Day 1: Proverbs 3:5-6
- Day 2: Isaiah 41:10
- Day 3: Matthew 6:25-26
- Day 4: Psalm 55:22
- Day 5: Romans 8:28

### **WEEK 4**

#### **Finding Renewal in Christ**

- Day 1: 2 Corinthians 5:17
- Day 2: Isaiah 40:31
- Day 3: John 15:4
- Day 4: Romans 12:2
- Day 5: Psalm 51:10-12



## Rest and Renewal in Christ: Starting the Year Refreshed

The start of a new year often feels overwhelming. With endless to-do lists and responsibilities, many women find themselves juggling work, family, and personal commitments, leaving little time to pause, let alone grow spiritually. If you're feeling stretched thin, know this: God never intended for us to live in constant busyness. Instead, He offers us rest—a precious gift to refresh our hearts and renew our strength.

Jesus invites us to experience this in Matthew 11:28: “Come to me, all who are weary and burdened, and I will give you rest.” Resting in Christ is more than physical—it's a soul-deep peace that comes when we trust Him with our burdens. This January, we'll explore what it means to truly rest and find renewal in God.

Through lessons like The Gift of Rest, Trusting God with Your Burdens, Embracing Sabbath Rest, and Finding Renewal in Christ, we'll learn practical ways to step back from the chaos and anchor our hearts in His presence. Sabbath rest, for example, isn't just a day off—it's a chance to intentionally refocus on God and acknowledge that He sustains us. And when we trust Him, casting our cares on Him (1 Peter 5:7), we discover the peace and renewal only He can provide.

This year, let's prioritize rest in God, lean on His strength, and walk into 2025 refreshed and restored. Together, we'll embrace the peace He promises and carry it into every area of our lives.

Grace and peace,  
Alicia

# Study, Reflection, and Practical Application Questions

## Study Questions

1. What does Matthew 11:28-30 teach us about finding rest in Christ? How can you apply these verses to your daily life?
2. Read Genesis 2:2-3. Why do you think God rested on the seventh day, and how does this model Sabbath rest for us?
3. How does Psalm 23 illustrate God's role as our Shepherd in leading us to rest and renewal?
4. What can we learn from Jesus taking time away from the crowds (Mark 6:31) about the importance of spiritual rest?
5. How does trusting God with your burdens (1 Peter 5:7) lead to renewal and peace in your life?

## Reflection Questions

1. When was the last time you intentionally set aside time for rest? How did it impact you spiritually, emotionally, and physically?
2. What are some burdens you're carrying right now that you need to lay at God's feet?
3. Reflect on a time when you felt renewed after spending time in God's Word or prayer. What made that experience special?
4. How do you define Sabbath rest in your own life? Are there any changes you could make to embrace it more fully?
5. In what areas of your life are you struggling to trust God? How might surrendering these areas to Him bring you peace?

## Practical Application Questions

1. What is one small step you can take this week to create space in your schedule for rest and renewal?
2. How can you incorporate a daily "mini-Sabbath" to pause, pray, and reflect on God's goodness?
3. What practical steps can you take to release feelings of guilt when you prioritize rest?
4. How can you delegate responsibilities or say "no" to commitments that interfere with your need for spiritual renewal?
5. Choose one burden you are carrying and write it down. How will you symbolically or literally give it to God this week?

# Introduction to Inductive Bible Study

Inductive Bible Study is an investigative way of studying the Bible. It helps provide an overall understanding of a passage of Scripture: what it says, the intended meaning to the original audience, and how it can be applied today.

Inductive Bible Study will help you to:

- Process, understand, and remember the Biblical texts you read.
- Understand the main idea of a passage and concisely communicate it.
- Finally, be able to apply Scripture to everyday living.

Inductive Bible Study always includes the following components:

- Observation
- Interpretation
- Application

We will begin by explaining the **S.O.I.L.** acronym:

**ALWAYS** start with prayer.

**S—Scripture** - Begin by reading the passage you are studying 2-3 times.

You can take notes and document them in your Bible, on the SOIL sheet provided, or in a notebook/journal.

Write out a verse or verses that stood out to you. We provide a verse of the day for you. Why write out scripture? Scripture writing is all about slowing down and connecting with God's Word by writing out Bible verses by hand. It's such a simple but meaningful way to reflect deeply and let the words really sink into your heart and mind.

**O—Observation** - At this stage, it is important not to add or take anything away from the text. Avoid the temptation to try to make the text "mean" anything just yet. Observe what's there and document it.

- Context means clarity. To establish context, examine those verses immediately before and after the passage you are studying. Also, consider the book of the Bible in which the passage appears.
- Look for obvious things like people, places, and events, as well as repeated words or phrases.
- Answer the questions: who, what, when, where, why, and how.

**Who** is speaking? To whom and about whom is this person speaking? Who wrote the passage? Who are the main characters? Who else is mentioned in the book/passage?

**What** is the author doing? What are the main events? What are the circumstances? What are the main ideas? What is the historical or cultural setting (as determined from the text)? What is the genre of the passage?

**When** was this written (on the Biblical history timeline)? When was this passage written during the author's life? When did (or will) this happen? When did the author say/do it?

**Where** did (or will) this happen? Where was the book/passage written or said? Where did the main events of the passage take place?

**Why** was this written? Why is a particular thing said? Why is he/she in a certain place?

**How** will (or did) something happen? How is the truth illustrated? How did the passage/message/book/letter affect people?

**I—Interpretation** - During this step of Inductive Bible study, you are working to understand with the text means.

- Look for connections between the text and the gospel and the broader message of the Bible.
- Compare scripture with scripture. Looking up cross-references is an important practice that keeps you from interpreting a passage or verse in isolation. A good study Bible will help you do this.
- Compare multiple translations of the Bible, this often helps if the passage you are studying is unclear.

- Now is the time to check Bible commentary which is also located in a good study Bible.

**L—Life Application** - After observing and interpreting what the text means, it's time to think about what it means to you. The goal of studying the Bible is not just to gain knowledge. Instead, it is about applying what you learn to your everyday life. Our goal is a transformed life as a result of study and prayer. When you commit to studying with the intent to obey, ask questions to help you apply what you are learning. The following questions may be helpful:

- **What does the passage teach?** Does this passage reflect a particular problem for that day and culture only or is a timeless principle being taught?
- **Does this section of scripture expose any error in my beliefs or in my behavior?** Are there any commandments that I have not obeyed? Are there any wrong attitudes or motives in my life that the scriptures bring to life?
- **What is God's instruction to me as His child?** Are there any new truths to be believed? Are there any new commandments to be acted upon? Are there any new insights I am to pursue? Are there any promises I am to embrace?
- Sometimes, as you are observing, interpreting, and applying a passage, it will be clear God is moving you to deal with some unconfessed sin.
- Other times, you may be moved to respond in faith, lived out through obedience.

**ALWAYS** end in prayer.

I hope this break down of the inductive Bible study method has made the concept a bit easier for you. Keep in mind that you don't have to do everything listed above if you are short of time. But make sure you do at least one thing listed under each step in the S.O.I.L. acronym. This will give you a well rounded structure to your Bible study time.

# S.O.I.L. Bible Study Worksheet

Date:

Study Topic:

S ~ Scripture:

O ~ Observation:

I ~ Interpretation:

L ~ Life Application:

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Date: \_\_\_\_\_

### Study Topic:

**S ~ Scripture:**

**O ~ Observation:**

I ~ Interpretation:

## L ~ Life Application:





# What I'm Pro



**Thankful for:**

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This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.

# What's on My Heart Today:



# Notes

