



DAUGHTER | WEEK 2: AT HOME

Theme: Learning to Rest in the Father's Presence

Key Scriptures

Luke 10:38-42

Matthew 11:28-30

Psalm 23:1-3

Psalm 46:10

Point 1: You Do Not Have to Perform for His Presence

Mary sat at the feet of Jesus while Martha was distracted by everything that needed to be done. There is nothing wrong with serving, but we must be careful not to become so busy doing things for God that we neglect spending time with Him.

Point 2: Rest Is Part of Your Relationship With the Father

God did not create us to live in a constant state of striving. Rest allows us to slow down, hear Him, and remember that our relationship with Him is not based on how much we accomplish.

Point 3: Learn to Be With Him, Not Just Come to Him When You Need Something

Prayer is more than asking God for things. We can spend time with Him simply because we love Him and want to know Him more.

Let's Reflect

1. Do you find it easier to do things for God than to sit quietly in His presence?
2. What usually distracts you when you try to spend time with Him?
3. What would change if you stopped treating time with God like another task on your to do list?

Personal Application

This week, set aside ten minutes to spend with God without bringing Him a list of requests. Read a Scripture, sit quietly, and talk to Him as your Father.

Journal Prompt

Father, teach me how to rest in Your presence. Help me slow down enough to hear You and enjoy being with You, even when I have things to do.

Remember

I do not have to perform for my Father's attention. I can simply be with Him.

