



**Numbers 6:22-27:** *“The LORD spoke to Moses, saying, “Speak to Aaron and his sons, saying, Thus you shall bless the people of Israel: you shall say to them, The LORD bless you and keep you; the LORD make his face to shine upon you and be gracious to you; the LORD lift up his countenance upon you and give you peace. “So shall they put my name upon the people of Israel, and I will bless them.”*

Look at each of the lines below, what does each line and power word mean to you today?

- The LORD bless you:
- and keep you:
- the LORD make his face to shine upon you:
- and be gracious to you:
- the LORD lift up his countenance upon you
- and give you peace.

- “So shall they put my name upon the people of Israel, and I will bless them.”

**Matthew 11:28-30:** *“Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light.”*

- What do you need rest and peace for as you begin this new year? How can you come to Jesus, and find that peace? Are there any discipleship practices (prayer, journaling, Bible reading, joining a small group, tithing, fasting...) that you can start in the new year to grow closer to Him today? If so, write those below.