

## Rest Receive Release



Rest: flame & arrow - Our greatest need will always be to rest in Jesus and be refreshed in his living water presence. Activities in this part include sharing meals, praise, prayer, confessing struggles, healing, and encouragement.

Receive: cloud & rainbow - Rest and renewal open up our hearts to receive God's Word. The Bible overflows with hundreds of living, breathing stories. Activities in this part include reading the story, listening to the story, drawing and telling the story, discussing the story questions, and prayer.

Release: wave & water - Processing God's Word in our minds opens up our lives to practice whatever we learn. We receive stories and then release them to others as the Holy Spirit guides. Activities in this part include praying in faith for all nations, discussing our local communities, evaluating our mission strategies, and creating a plan to speak stories.

We clearly witness this pattern in the story of Jesus discipling Zacchaeus at his home. In Luke 19:1-10, Jesus visits Zacchaeus' village and invites himself over for a meal. Jesus and Zacchaeus enjoy rest during a home fellowship meal. Next, Jesus teaches his new disciple about the kingdom of heaven and guides him to experience the Holy Spirit's presence. Then, Zacchaeus believes Jesus' stories and creates a simple plan to release generous gifts.