



PRACTICE GUIDE

Sabbath Invitation – Part 2

Congratulations friend! You've taken your first sabbath. Did it look like you imagined? Was your cup filled to overflowing, or did you spend the day wondering if you were doing it right? Maybe you were somewhere in between. Regardless of how the first week went, know that Sabbath isn't a destination but a vehicle. God has peace and restoration for you friend, and this practice is just how we get there. Keep in mind, that rest looks different for everyone. If you work with your hands, you probably won't see physical activity as restful. But if you work with your head than reading a bunch of books may not be your cup of tea. Sabbath is about honoring and enjoying God. Find what works for your relationship with the Father and eliminate the distractions. Here are a few tips to guide you this week:

WEEK OF – PREP

Get all of the groceries done. Have the laundry taken care of (or at least out of sight). If you have kids, be sure that they've already gotten their homework done. Answer all emails and phone calls as if you are about to board a plane, and your phone will be on airplane mode for the next 24 hours. Take care of any responsibilities that may become distractions on the day of Sabbath.

DAY OF – REST

Begin the day by reading the scripture and praying the prayer below. Read the words and imagine Christ speaking them directly to you. If you have a family, invite them into this time. Spend the rest of the day by intentionally resting and worshipping. Remember, this day is a blessing that the Father has given for you. Strive to meet Him in the gifts that He has given you.

SABBATH – DEVO

*“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.”*

Search my heart Lord and meet me in the places where I am tired. As I commit to Sabbath, I want to see it as a gift that You have given me and not just another obligation. Help me to identify and lay down whatever obstacles are getting in the way of me finding rest in You.

What is causing me to be weary? What things in my life have I held onto for too long and have become a burden? Today I am laying everything at Your feet. Today I am trusting You to lighten my load.

Holy Spirit teach my heart to rest.