



## PRACTICE GUIDE

### Sabbath Invitation – Part 4

Welcome back to the practice of Sabbath friend. You've no doubt realized by now that saying yes to a day with the Lord is saying no to a day of so many other things. As you continue to practice the Sabbath, it's not uncommon for the enemy to try to make you focus on what all can fit on your plate, to take your mind off of what God actually wants on there in the first place. Don't get distracted friend. Sabbath is just as much about honoring God with our "yes" as it is about honoring God with our "no". Here are a few tips to help guide you this week:

#### WEEK OF – PREP

Make a list of things that you will be saying "no" to on your sabbath day. Maybe it's something that you enjoy but is not restful or worship (TV, cooking, golf, board meetings, etc.). Maybe it's a project you're working on and one extra day is all you need to get it done. No legalism here, but Sabbath is all about accepting limitations that are good for us. If it falls under rest and worship, go for it. If not, put a plan in place to say no and stick to it.

#### 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."*

Lord I confess that I do not have all of the answers. I am the disciple, and You are the Master. I am still a child and You are the Father. I submit to You as an act of worship and ask that you would teach me. Help me to put my vocation, my family, my hobbies, my obligations, and even my free time in proper alignment with Your vision for my life.

How do I balance work and rest in a way that honors You? What is the difference between working for fulfillment and working from fulfillment? Today I am accepting Your rhythm. Today I am taking Your yoke.

Holy Spirit teach my heart to rest.