



PRACTICE GUIDE

Sabbath Invitation – Part 6

Way to go friend! Whether you've been consistent all 5 weeks or you've skipped around a bit, you made it here! Try and resist the urge to give yourself a grade on how you did. Sabbath is not a performance-based sport. It's a gift that God has given us to honor and enjoy Him. That being said, do consider what got in the way of you taking full advantage of your day and takes steps towards managing them so that you can be fully present as you practice the Sabbath. Here are a few tips to help guide you this week:

WEEK OF – PREP

Pay attention to the things that feel heavy in your heart or give you anxiety. Take spiritual inventory of what is draining the life out of you. Maybe it's a place, or a habit, or even a relationship. Maybe it's a responsibility that you're not supposed to be carrying. Regardless, Sabbath isn't an invitation to run from these things. Quite the opposite. You've got 6 days to work towards confronting whatever it is so that your Sabbath day of rest will be free from 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 You invite us to find rest for our souls. Sometimes we read that and think of the eternal, nonphysical part of ourselves. But the word used for soul here is literally translated as 'breath'. Another way this verse can be read is, “come to me if you feel like you've been struggling to catch a breath, because I've got some to spare!” Jesus, help me to breathe in Your Spirit and receive Your peace that surpasses understanding.

Where have I been struggling to catch a breath? What have I missed out on by rushing through my days? Today I am slowing down and breathing deep. Today I am taking time for my soul to enjoy its Creator.

Holy Spirit teach my heart to rest.