



PRACTICE GUIDE

Sabbath Invitation – Part 7

Welcome to the last week of Sabbath devo. Although our curriculum ends this week, God's invitation to meet with Him in our weekly Sabbath is here to stay! Jesus commands and invites us to make this practice apart of our discipleship, and that doesn't end with a sermon series. So as we conclude this series, let's make a plan to continue worshipping and resting in the Lord. Here are a few tips to help guide you this week:

WEEK OF – PREP

If you don't already have one, go purchase a journal. Don't use your phone, go buy an actual journal! Use this to make notes throughout the week of questions that you have for God, or seemingly random thoughts that may pop into your head. Take note of all of the little things that you may not have time to fully flesh out in your daily prayer time. On Sabbath, you have an entire day to pray, wrestle, question, and even daydream with the Lord about all of the thoughts you've been collecting all week!

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 thank You for inviting me on this adventure with You. You've called me to be fruitful and multiply, to follow after You, and to make disciples. Such would be too much for anyone to do alone. But You've promised to shepherd me through all of life's journeys and to comfort me along the way. Help me to find rest in my calling.

When You say that Your yoke is easy, what are You calling me to? When You say that Your burden is light, what are you asking me to take on? Today I am opening myself up to Your will for my life. Today I am saying yes to what You're calling me to.

Holy Spirit teach my heart to rest.