



PRACTICE GUIDE

Sabbath Invitation – Part 5

We are made in the image of a triune God who invites us to rest. Our God is relational, and so are we. As we practice the Sabbath this week, we're going to do so in community. Here are a few tips to help guide you this week:

WEEK OF – PREP

Invite 2 or 3 friends into your sabbath practice. Tell them how you've been resting and worshipping and ask them to join you for a portion of the day. Don't add something to your schedule. You're letting someone access your routine, not change it. If you've been going for a walk, or eating a family meal, or going to church as a part of your Sabbath, simply invite some friends along to participate. Don't wait until the day of. Be proactive and make a plan to enjoy the day with the special people that God has placed in your life.

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.”*

Jesus, I invite you into my day. I want my heart to be shaped by Yours and for my character to resemble Your character. Thank You for being Emanuel, God present with us. I too want to be fully present in the places that You've called me to be. Help me to find rest in You today so that my battery may be charged, and I may be ready to love like you.

What areas in my life have I forgotten to be gentle and humble? Where can I do a better job of representing Your character? Today I am asking You to shape me. Today I am recharging my battery with Your love.

Holy Spirit teach my heart to rest.