



## PRACTICE GUIDE

### Sabbath Invitation – Part 3

Hopefully your Sabbath day was filled with worship and rest in the Lord. All too often, we can feel a little discouraged when taking on a new practice. If that's been your experience, don't give up friend. Although we've been created to abide in the vine, we've been conditioned to seek nourishment elsewhere. God has plenty of grace for you friend. Try and have a little for yourself. Here are a few tips to help guide you this week:

#### WEEK OF – PREP

Make a list of all of the ways that you seek rest. Prayer, drunkenness, the gym, your family, gossip, pornography, etc. Write it all down. Then put them in categories of **healthy** and **unhealthy**. Try and observe how often you go to these places recharge your battery and if they actually work. As you prepare for Sabbath, make a plan to lean into the healthy options and none of the unhealthy ones.

#### 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.”*

Father I need you to show me what rest truly looks like. There are times when I am like the woman in John 4 who met Jesus at the well. Help me to see that only You can provide living water. As I continue to practice sabbath today, I pray that You quench my soul like only You can.

What wells have I been going to for nourishment, only to find them empty? How have I sought rest outside of You? Today I am thirsting for living water. Today I am seeking nothing but You.

Holy Spirit teach my heart to rest.