

“Do not merely listen to the word, and so deceive yourselves. Do what it says.”
(James 1:22)

PRACTICE THIS WEEK

Monday – Daily Spiritual Practice: Planning To Work Your Rest Plan

Yesterday we invited you to BEGIN a Sabbath plan. Today, follow that work all the way through so you can practice a genuine whole-hearted, life-giving Sabbath each and every week!

Take time to record your answers in a notebook, notes app –or [Click Here](#) for a Fill-In Form.

- 1. What is a consistent day every week that you could designate as Sabbath?** What works in the rhythm of your life, most often? Figure that out and then commit to it!
- 2. What is most likely going to get in the way of you keeping your commitment? Are there home responsibilities you need to reschedule or re-assign? Do you struggle to value rest?** What personal obstacles (or resistances) do you have here?
- 3. Which Sabbath activities will most fill you?** What brings you joy, what leads you to life, what feels like good rest? How do you enjoy connecting with God and people? Make an exhaustive list of those soul-filling activities, and then use that as a menu each Sabbath.

Tuesday – Daily Spiritual Practice: How Do You Get The Sabbath Rules Right?

Scripture: [Click Here](#) to read **Mark 2:23-28**

Read the passage over slowly, prayerfully and attentively a few times. As you do, allow God to highlight a word, phrase or verse – something that jumps out at you personally.

Observations: Think about what is being said, by who, and why they might be saying it the way they are. What is the surrounding context? What other background information do you have? How and where do you see the heart of Jesus in this? Don't make conclusions or applications yet, just observe everything you can.

Application: Now consider how this passage might apply personally to your life. In what way does it speak to your own circumstances? How can it help you? How does it challenge you? How does it call you to love both God and others better? How does this word from God apply directly to your day-to-day life and how you are learning to follow Jesus?

Prayer: Now that you've read and reflected on God's word and begun the process of application to your life, simply talk to God about it all. Share what's swirling in your head and heart, allow space to listen for what the Holy Spirit is wanting to say to you in return as well.

Wednesday – Daily Spiritual Practice: Need A Mid-Week Power Rest?

It may seem counterintuitive to start your day by soaking in a little extra REST... but sometimes the things that feel most opposite to our instincts are actually the things we need most! Why not ground today in an experience of the loving care of God undergirding your life, eliminating the need for hustle and hurry, by re-visiting some of our Resting practices from last Sunday?

Let the experience of rest go so deep into your bones that you carry peace instead of stress into all the moments of the day ahead.

[Click Here](#) to revisit Sunday's experience of "Blessing In The Chaos"

Thursday – Daily Spiritual Practice: Do You Actually Know How To Stop?

We live in a world obsessed with productivity; always either consuming or producing in some form. We've become addicted to 24/7 culture, regardless of the anxiety and exhaustion it produces! The practices below can help train us to detach from relentless motion.

Creating End Times

- Decide (ahead) when you will finish your tasks, responsibilities, chores, and work each day, and then STOP; turning off email, messages, and devices that would keep you connected to your tasks. Then... don't go back to them! Close the door to your home office or workspace.
- Close your productive time with a prayer: ***"I've done my best, and now it's time to stop. I will entrust what I cannot do to God, who is ultimately in charge of it all; it's all yours now."***
- Do the same in your relational roles. As you put your children to bed at night or leave an encounter with a friend, entrust the relational investment you've made into God's hands now to carry.

Creating Margin

- Plan buffer time between meetings, appointments, home responsibilities
- Stand in lines without scrolling your phone
- Eat meals without any screens or reading material in front of you
- Sit longer than necessary at the table after eating
- Plan intentional 'white space' into your day – time to do nothing but breathe and relax

- Wake up earlier so you can enjoy an unhurried start to the day
- Give up social media for 48 hours and watch margin magically appear in your day

Listen for the whisper of both God and your own soul in the increased quietness of your life.

Friday – Daily Spiritual Practice: How Do You Rest From An Emotion?

“[God] will wipe every tear from their eyes. There will be no more death or mourning or crying or pain, for the old order of things has passed away.” Revelation 21:4 (NIV)

Practicing Sabbath is about leaning into the realities of heaven. Resting from physical work is one way to do this, but what about resting from emotional work? What emotional work tends to dominate your inner reality:

- Stress
- Worry
- Sadness
- Fear
- Grief
- Anger
- Guilt
- People-Pleasing
- Image-Crafting
- Competition
- Regret
- Ambition
- Cynicism
- Greed

Consider setting these exhausting emotions aside today, in order to fully rest?

Listen to [this song](#) and invite God to heal the wear and tear of life, as you rest in the truth that redemption wins in the end.