

Practice: Sabbath

PRACTICING THE WAY

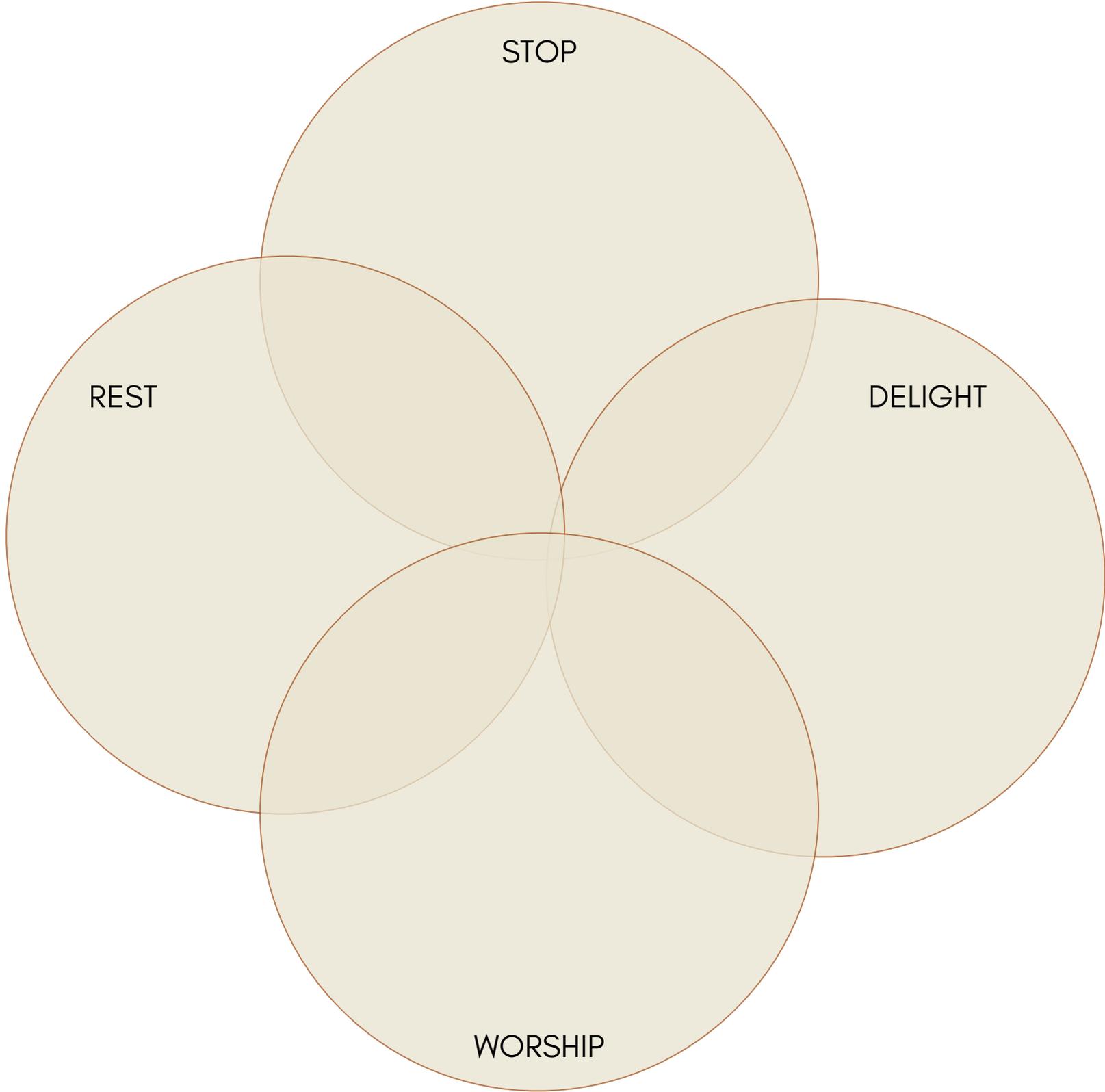


- Culture of Busyness
 - Genesis 2:2-3
 - Mark 2:27
- Sabbath
 - *Stop*
 - Exodus 20:8-10
 - *Rest*
 - Matthew 11:28-30
 - *Delight*
 - Isaiah 58:13-14
 - *Worship*
 - Psalm 92
- Notes:

My Understanding of Sabbath:

MOVEMENTS OF SABBATH

WHAT ARE YOUR OBSTACLES TO EACH MOVEMENT?



PRACTICE

WHAT
WORK IS
HARD TO
STOP?

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WHAT
WORRIES
COME
WHEN YOU
TRY TO
STOP?

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WHAT
HELPS YOU
FEEL
RESTORED?

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ESCAPING
OR
RESTING?

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PRACTICE

WHAT BRINGS YOU JOY?

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HOW IS DELIGHT A SPIRITUAL PRATICE?

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HOW DOES WORSHIP HELP YOU RECONNECT WITH GOD?

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WHAT MIGHT HELP YOU KEPP YOUR FOCUS ON GOD?

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ideas for

WHERE TO START

STOP

REST

DELIGHT

WORSHIP

