

# SABBATH

Plan each week when you are going to Sabbath. THIS IS KEY PEOPLE!! If you do not plan your Sabbath it will probably not happen. It does not have to be a 24- hour period. Block out a time and a place where you will have space to rest in God.

## SPEND TIME RESTING, REJOICING AND REFLECTING.

"For whoever enters God's rest also rests from his own work, just as God did from His. Let us, therefore, make every effort to enter that rest"

Hebrews 4:10-11

### REST

Part of the sabbath is a time for you to stop working, stop wanting, and stop worrying. Sabbath is an opportunity to have extended, uninterrupted time to Rest by worshipping God through prayer, the word, journaling, listening to worship music/singing etc.

### REJOICE

1. How have I seen God's beauty, grace, and power this past week?
2. By God's grace and power, how have I grown this past week?
3. Rejoice in being loved, accepted, and valued by God.

### REFLECTION

Have I...  
 enjoyed God?  
 enjoyed God's gifts?  
 been fervent in the spiritual disciplines?  
 spent my time wisely or foolishly?  
 remained attentive and obedient to the Holy Spirit?  
 actively loved those closest to me?  
 been resentful, envious, or bitter toward anyone?  
 failed to confess any sin?  
 walked slowly in the Spirit's peace or been in a hurry?

1. How is God specifically calling me to grow this upcoming week?
2. How do I need God's grace and power to take these steps?



We can't enjoy God's good gifts if we are not first enjoying Him! After spending extended time with Him do something else you enjoy/ find fun!!

### FUN

cooking  
 painting  
 shopping  
 reading a book  
 going on a walk  
 watching a movie  
 playing basketball  
 hanging with friends