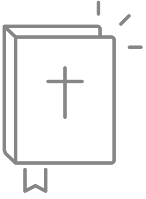


SABBATH

"Sabbath, God's gift to us, is a time set apart to rest from work, worship God, tend to our soul, and bless others."

READ



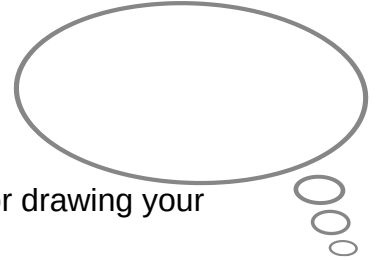
Engage these scriptures using the Lectio Divina method this week:

- Exodus 20:8-11 - Sabbath rest is a gift from God
- Matthew 11:28-30 - Come to Jesus for rest
- Matthew 12:1-13 - Sabbath is for doing good

WONDER

Use these prompts as a starting point for journaling or drawing your wonderings on sabbath in the space below.

- How could Sabbath help me trust that I alone can't do everything?
- How can I make time in my life for Sabbath?
- What do I want to include in my Sabbath practice?
 - What things point me to God?
 - What brings me deep joy?
 - What helps me flourish as a child of God?
 - What might help my neighbors flourish?



A large rectangular area defined by a dotted line border, intended for journaling or drawing.