



## PRACTICE GUIDE

### Sabbath Invitation – Part 1

Welcome to the practice of Sabbath. We live in a culture that promotes chronic restlessness and encourages a constant state of being busy, discontent, and tired. This practice is all about accepting God's invitation to find rest in Him. Traditionally, Sabbath is a 24-hour period beginning at sundown and ending at sundown, devoted to resting and worshipping God. The biblical command is to *remember* and *honor* this day **by choosing a day** to spend with the Lord. There's no legalism here. Pick whatever day works best for you and your stage of life. As you live out this practice in your HHG community, here are a few tips to help guide you this week:

#### WEEK OF – PREP

Make a list that distinguishes between the things that you *have to do* and the things that you *get to do*. Strive to get all of the *have to do* tasks on your list taken care of before the day that you've marked out for Sabbath so that you can devote as much time as you possibly can (preferably 24 hours) to spend resting in the Lord.

#### 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.”*

Lord, as I go about my day, I pray that You will help me to hear the invitation to come. As I take inventory of my surroundings, I can't help but see You in the gifts that I've been given. Help me to turn down the volume on all of the distractions of my day so that I may hear Your voice above the noise.

When You say “come”, where are You asking me to go? When You tell me to be still, what does that look like for me today? Today I am listening. Today I am seeking.

Holy Spirit teach my heart to rest. Amen.