

Rest

prepare for the day

Work out how much time you will need – if you don't prepare in advance then you'll just get sucked back into your usual routine.

Think about

- Grocery shopping to stock your fridge and pantry
- Prepare your meals to either cook or reheat
- Clean and tidy your home
- Run any errands or pay any bills that may distract you from rest
- Answer your texts and emails before you power down your devices – leave an 'out of office' message if appropriate
- Make plans to meet with family or church community on the sabbath
- Plan out some fun activities for play and delight.

Other things to consider

Pick three things/activities/cultural forces to **say no** to on your sabbath:

- Phone
- Social media
- The internet
- TV and entertainment
- Shopping
- Social obligations
- Sports
- Weekend work
- Household jobs
- Errands
- People.

What will you **intentionally resist** as part of your rest?
Circle what works for you.

Be aware of your internal resistance to this change (feeling grumpy about making any change) – ask God for help.

Sit quietly to breathe and pray:

- Invite the Holy Spirit to illuminate your mind
- Ask two simple questions – what am I feeling?
Why?
- Feel the feelings, don't run away or tell yourself off
- Give the feeling to God in prayer
- Ask Him to speak to you about where this might come from (previous experiences etc).