

# SABBATH

## HOW WE GROW: INVITATION FOR THE WEEK

This week, we want to encourage you to plan a twenty-four-hour day of rest for yourself and for your family or community. The night before your Sabbath, spend time praying for rest and inviting the Lord into the day ahead. Consider pursuing things that will nourish you. Worship, listen to music, get coffee with your best friend, spend time with your spouse, take a walk, nap, eat delicious food, go fishing, be in nature, read, do your nails, watch the sun rise or sunset, make a fire, sing, go on a picnic, take a hike, play a game, or call a friend or family member who lives far away. Take your time, being intentional to waste time with God and with people you love. You might also consider saying no to some of these activities: phone, social media, the internet, TV and entertainment, shopping, social obligations, sports, weekend work, chores, errands, and people. Listen to the Spirit to discern what you need on this day of rest, and enjoy!