



Disciplines in Bold, Ways to practice below

**Scripture:**

1. Commit Daily Time
2. Start with a Gospel (Mark or John)
3. Pick a manageable amount

**Sabbath:**

1. Pick a 3-4 hour chunk of time distraction free/ phone off
2. A restful practice or 2 alone
3. A restful practice or 2 with family and/or friends

**Prayer/Fasting:**

- 1.
- 2.
- 3.

**Community/Hospitality:**

- 1.
- 2.
- 3.

**Generosity/Service:**

- 1.
- 2.
- 3.

**Witness:**

- 1.
- 2.
- 3.

**Sabbath:**

Stop

The Grid:

\_\_\_\_\_ & \_\_\_\_\_

Rest

Delight

What do YOU need to Stop?

Worship

What activities bring YOU rest and joy?

Genesis 2

Matthew 11

Exodus 20 & 31

Ideas for Sabbath practices and activities:

John 15

Is Sabbath a part of your life currently?  
Why or Why Not?

## Helpful Sabbath Resources:

<https://podcasts.apple.com/us/podcast/rest-for-your-soul-sabbath-e1-revamped/id1592847144?i=1000661221912>

<https://podcasts.apple.com/us/podcast/sabbath-as-rhythm-sabbath-e2-revamped/id1592847144?i=1000662009273>

<https://podcasts.apple.com/us/podcast/sabbath-as-resistance-sabbath-e3-revamped/id1592847144?i=1000662726539>

<https://podcasts.apple.com/us/podcast/stop-rest-delight-worship-sabbath-e4-revamped/id1592847144?i=1000663413312>

### **The Sabbath**

by Abraham Joshua Heschel

### **The Ruthless Elimination of Hurry**

by John Mark Comer

### **Practicing the Way**

by John Mark Comer

### **Living the Sabbath**

by Norman Wirzba

### **Sabbath as Resistance**

by Walter Brueggemann

## Potential Sabbath Practices:

- Eating a Meal with your family
- Going for a Walk or Hike
- Reading a book
- Reading Scripture
- Journaling
- Slowly sipping a good cup of Coffee / Tea
- Napping
- Praying
- Playing a game with your family
- Meaningful conversation with someone
- Turn off your phone
- Worship with your church
- Make a meal or dessert together with your spouse/ family
- Love making with your spouse
- Practicing Gratitude
- Resting without staring at a screen
- Listening to Worship Music
- Playing at a playground or a park