

SUGGESTIONS FOR YOUR SABBATH JOURNEY

We suggest you start with one from each category and then build from there as you find your rhythms.

Consistency

Defining the rhythms of your sabbath and setting them to repeat.

- Set a start and end time (and block it in your calendar)
- Plan opening and closing ceremonies
- Design an intentional bedtime or wake-up routine
- Decide in advance which practices will work for you and those you may be celebrating with
- Have a “day of preparation”

Ceasing

What normal things could you plan **not to do** that would fill your soul with deep, throbbing joy?

- Digital Detox including Video/Social Media
- Pause even “unpaid” work, academics, house chores, cooking, shopping
- Plan some time alone for silence and solitude
- Limit competitive extracurricular activities
- Practice listening prayer

Celebrating

What beautiful things could you plan **to do** that would fill your soul with deep, throbbing joy?

- Attend Church
- Have meal(s) with community
- Plan time out with friends
- Make love (married couples)
- Playing games/sports for fun
- Recreational activity that brings life (gardening, exercise, nature)

A Sabbath Reading

Use this reading to mark the beginning or closing of your Sabbath.
(based on Matthew 11:28-30, Romans 12:2, Ephesians 4:1-24)

To my dear Child, I see how much you're carrying and I want you to find rest with Me. When you're feeling weary and overwhelmed, come to Me, let Me take on your worries and burdens, Living in a fast-paced city like Toronto, it's easy to get caught up in the demands and pressures around you. Remember, you don't have to conform to these pressures. Instead, focus on renewing your mind and being transformed by My will for you, which is always good, pleasing, and perfect.

All I want for you, my daughter, is for you to live a life that reflects your calling. Be humble, gentle, and patient. Surround yourself with people who care about you and support you. Lean on them, and let them lean on you too. It's time to let go of the old ways of thinking and embrace the new life I'm offering you. This new life is about being your true self, free from unnecessary pressures and expectations. Let go of what holds you back and step into a life filled with hope and purpose. Rest with me, my daughter. It's not about doing more but about being with me and letting my love renew your spirit. Take time to rest and reconnect with what really matters. You're not alone; I'm with you.

*With all My love,
Your Father*

Other Resources

Books:

The Ruthless Elimination of Hurry
(John Mark Comer)

Ebook: [Sabbath Meditation Readings](#)
(Practicing the Way)

Video:

[Sabbath Biblical Theme](#)
(The Bible Project)

The Spirit of the Disciplines
(Dallas Willard)

God in My Everything
Ken Shigematsu

Podcast Episodes:

[Undeceptions Podcast Episode 60: Resting Well](#)

[Rule of Life Podcast \(Episodes 1-4\)](#)