



SABBATH

# A SABBATH GATHERING GUIDE

A SPIRITUAL PRACTICE GUIDE BY KALEO PHOENIX

# SABBATH GATHERING: A GUIDE

Watch Episode 2 of [The Chosen One: Shabbat](#)

## MOVEMENT #1: Create Space

- Gather with the people in your home and remove distractions
- Spend 2 minutes of silence with Jesus
- Read: Genesis 2:1-3, Exodus 20:8-11

## MOVEMENT #2: Practice Conversation

1. What was your favorite scene from the episode?
2. How do you rest and celebrate in life?

“To keep a Sabbath is to give time and space on our calendar to the grace of God.” (A.J. Swoboda, *Subversive Sabbath*)

3. How do you create space on your calendar or in your life for the grace of God?

## MOVEMENT #3: Pray

- Spend 2 minutes of silence with Jesus.
- As certain emotions, memories, or connections were made while watching or sharing tonight, name those and continue to invite the Spirit of God to do the work He is already doing in your personal life and in the life of your household.
- Spend 2 minutes of silence with Jesus.
- Thank Jesus for the gift of Sabbath and your time spent resting with Him.

“Teach someone not to Sabbath and they will be hostile to it and pass that along to the next generation. Teach someone to Sabbath and you will raise up a generation that knows how to rest in the presence of God.” (A.J. Swoboda, *Subversive Sabbath*)

