



SABBATH

**A SABBATH GATHERING GUIDE:
July 3, 2022**

Sabbath Gathering

MOVEMENT #1: Create Space

1. Gather with the people in your home and remove distractions.
2. **5 Minutes of Silence:** Find a comfortable place to sit. Pause, and slowly begin to focus on the presence of God. Be still with Jesus.
3. Read: **Matthew 11:28-30**

MOVEMENT #2: Practice Reflection

1. Reflect: Focus on the word “*rest*” and ask Jesus what he wants to share with you about rest.
2. As Jesus invites you... come to Jesus and ask him to bring you rest.
3. Linger in that place of rest as long as you need to.

MOVEMENT #3: Gratitude

1. End in gratitude with God. Thank God for anything and everything that comes to mind.
2. Thank Jesus for the gift of Sabbath and your time spent resting with him.
3. **5 Minutes of Silence:** Be still, and rest in the embrace of the Holy Trinity.

