



SABBATH

**A SABBATH GATHERING GUIDE:
Christmas Day, 2022**

Sabbath Gathering (Christmas Day, 2022)

MOVEMENT #1: Create Space

- Gather with others or alone and remove distractions.
- Spend 2 minutes being still with Jesus.
- Read: **Luke 2:1-20**

MOVEMENT #2: Practice Reflection

1. Imagine you are with the shepherds in the field. What kind of questions do you think the shepherds would have asked the angel of the Lord?
2. Imagine you get to respond to the angel of the Lord. What would you be feeling? Would you also want to go to Bethlehem?
3. What questions is God inviting you to explore as you consider finding baby Jesus in Bethlehem?

MOVEMENT #3: Pray

- Spend 2 minutes being still with Jesus.
- Pray that you, like Mary, would “treasure these words and ponder them in your heart” this coming year.
- Thank Jesus for the gift of Sabbath and your time spent resting with him.

