



SABBATH

**A SABBATH GATHERING GUIDE:
January 1, 2023**

Sabbath Gathering

MOVEMENT #1: Create Space

- Gather with others or alone and remove distractions.
- Spend 2 minutes being still with Jesus.
- Read: **Luke 2:41-52**

MOVEMENT #2: Practice Reflection

1. Imagine you are with 12 year old Jesus in the temple. What kind of questions do you think he asked the teachers?
2. Imagine you are Mary and you find Jesus in the temple. What would you be feeling? And what would you “store in your heart” if you were her?
3. What questions is God inviting you to explore this season as you store the reminder in your heart that God is with you?

MOVEMENT #3: Pray

- Spend 2 minutes being still with Jesus.
- Pray that you, like Jesus, would “grow in wisdom and favor” this coming year.
- Thank Jesus for the gift of Sabbath and your time spent resting with him.

