

EXERCISE

The Gift of Sabbath

- This week, choose to say yes to God's gift of Sabbath rest. Schedule at least 3 hours, by yourself or with family and friends, and experience God's presence and rest. No work, no schedules, no pressure: just rest with God and with one another.
- During this time, plan a Sabbath meal to celebrate the goodness of God's gifts and look forward to the promise of his coming kingdom. When we feast with friends, we remind ourselves of the bread and cup of the new covenant enjoyed together in community. Invite close friends over or plan a meal with your small group or family. Consider sharing the load of food preparation so as not to overwhelm any one person. Go overboard on your favorite foods, reminding yourself of the heavenly feast we are invited to – the marriage supper of the Lamb (Rev 19) at Jesus' second coming.
 1. Consider reading this liturgy as you begin the meal ([A Liturgy for Feasting with Friends](#))
 2. As you eat and talk, contemplate and discuss this reflection question together: What is the difference between rest for your body and rest for your soul?
- As you end your time of Sabbath rest, Read Matthew 11:28-30 aloud and pray:

Lord, I trust that you are enough. Help us to experience the goodness of your presence and find rest and hope in you alone.