

## EXERCISE

### Holy Rebellion

Sabbath is an act of reliance on God and resistance to the world's constant demands. This week, like last week, schedule at least 3 hours of Sabbath rest.

- In order to prepare your heart for Sabbath, pray and ask God what is in your life that has become an idol?

Write a to-don't list: what five things make you tired, anxious, frustrated, depleted? What does the world offer as hope that actually has begun to feel like slavery? How has your identity become entwined with your work and achievements? Commit to stopping these five activities during your sabbath rest this week.

- Next, pray and ask God to remind you of activities and people who truly bring you rest. What quiets your soul and brings you joy?

Write a rest list: What five things actually bring you rest, delight, and peace? Incorporate two of those things into your Sabbath rest this week.

- As you end your Sabbath time this week, contemplate and discuss these questions with family or friends: How did saying no to certain things this week affect how you thought about your identity? Was stopping more, or less difficult than you imagined? How did the freedom of saying "No" and spending time in rest affect your ability to experience the presence and peace of God?