



Watch Sabbath intro VIDEO (resource page).

After watching, spend 5 minutes individually brainstorming. What things could you do to...

Stop work

Rest

Next, move into groups of 2-3 people and spend 5-10 minutes discussing everyone's reflections. What are the things that you came up with?

To close, challenge your group to try it!

Carve out a 12-24 hour period to try the things that you have put down.

Here's a PRAYER (resource page) to start your sabbath! Close your time by reciting this prayer and then pass this along for everyone to use to begin their sabbath time.





Debrief everyone's sabbath time? How did it go?

Then, watch part 2 of Sabbath intro **VIDEO** (*resource page*).

After watching, give everyone 5 mins to brainstorm:
What things could you do to delight during your sabbath?

Next, move into groups of 2-3 people and spend 5 minutes discussing everyone's reflection. What are the things you came up with?

To close, challenge your group to try it!
Carve out a 12-24 hour period again to try the things you did last week in addition to the things you can delight in.

Remind everyone of the Sabbath **PRAYER** (*resource page*).
Recite it again if you'd like.





Debrief everyone's sabbath time? How did it go?

Then, watch part 3 of Sabbath intro **VIDEO** (*resource page*).

After watching, give everyone 5 minutes to brainstorm:

What things could you do to contemplate God during your sabbath?

Move into groups of 2-3 people and spend 5 minutes discussing everyone's reflection. What are the things that you came up with?

To close, challenge your group to to try it!

Carve out a 12-24 hour period to try the things from the last two sessions along with the things that can help you contemplate God.

Remind everyone of the Sabbath **PRAYER** (*resource page*).

Recite it again if you'd like.





Debrief everyone's sabbath time?

How did it go?

Read this Walter Brueggemann quote...

“People who keep Sabbath live all seven days differently.”

--Walter Brueggemann

Move into groups of 2-3 people and spend 5 minutes discussing everyone's reflection.

How you have experienced this quote?

How has God moved in your life through the practice of the sabbath?

Close with a group discussion on if/how everyone might continue this practice.

