

REST

RECEIVE THE GIFT OF GOD'S GRACE, PEACE, AND RESTORATION

Getting Started

Individual

What practice restores you and helps you to rest in God's hands (full eight hours of sleep, no phone after dinner, retreat, etc.)? Do this at least once a week for a month.

Small Group

Play together! Part of resting is enjoying what is good. Take time as group to go on a hike or to play outdoor yard games or indoor board games. Enjoy laughing together.

Congregation

Build a moment of silent reflection into your worship and/or meetings.

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Going Deeper

Individual

Choose a day of the week on which you will observe Sabbath practices, such as simplicity, physical rest, and unplugging. Commit to this rhythm for a season.

Small Group

Share with one another your hopes for rest and/or Sabbath. When you gather, do a check-in and support each other in receiving the gift of rest.

Congregation

Organize a congregational retreat or outing with plenty of time for resting and playing.