



Sabbath Challenge

Practice setting aside one day each week that looks different from the other six, a day for rest and renewal. Intentionally slow down to delight in God through prayer, meditation, play, soul-restoring relationships, and enjoying His good gifts.

The Sabbath is God's merciful appointment for the common benefit of all mankind. It is not a yoke, but a blessing. It is not a burden, but a mercy. Above all, it is good for souls.

J.C. Ryle