	Daily	Weekly	Seasonally
Sabbath Sept. 7th - November 2nd As we come to the end of practicing sabbath together as a church, we wanted to give you some ideas for where to go from here. Remember, the goal is not to practice these disciplines for a few weeks and then leave them behind. We want to add them as tools in our spiritual tool belt that we will carry with us and use for the rest of our lives. We have broken down these suggestions into weekly and seasonal options. Do what is helpful to you in your relationship with the Lord and leave the rest behind.... but don't leave the practice behind. The goal is to find what works best in your life. **Sermon Series:**	• Before you do anything productive, take five minutes to "be still and know that he is God" (Psalm 46:10). • Spend some time outside simply enjoying God's creation. • Put away your phone for an extended period every day. • Say "no" to one unnecessary task or commitment. • Offer gratitude for one thing that God provided today.	• Observe a 24-hour Sabbath... stop working, worrying, and producing. • Refrain from buying or selling on the Sabbath. • Enjoy beauty... music, art, poetry, nature, or creativity. • Spend intentional family time... share a meal, play, laugh. • Gather with God's people for worship and encouragement. • Get together with a friend who restores your soul. • Take a nap. Let your body participate in the rest your soul needs.	• Seasonally: Go on a day or weekend retreat. • Seasonally: Take a personal or group day retreat of silence, prayer, and reflection. • Quarterly: Evaluate your schedule — what steals rest and what restores it? • Annually: Take a long annual vacation. • Annually: Revisit your family rhythms... are we living from rest or rushing through life? • Annually: Disconnect for a full weekend... no work, no agenda, just delight.