

Sabbath Rest in a 24/7 City

Month 1: Your Community

Practices



Each month of the Sabbath Rest journey will feature weekly practices that you can incorporate into your daily rhythms. We have intentionally made these practices simple and focused, hoping you will take time with each one during the course of the month. Note that these exercises can be done alone, but work well with a partner or group.

Week One

Each city is different. After reading the article, reflect on the ways that the city presses in on you in your urban setting. Which examples in the article resonate with you? Which don't? What are some of the major stressors in city life and ministry where you live? If you are single, or raising small children, how does that impact how you perceive your environment? As part of your reflection, write or draw on some paper or in your journal, or talk to a friend or mentor about these stressors.

Week Two

Read Matthew 11:28 in Scripture. Do you hear God's invitation? Read the verse slowly, then pause. In your mind, picture Jesus speaking to you through these verses, inviting you to his rest. For one week, read this scripture every day and reflect on it, hearing the invitation each night before you sleep (or in the morning if that works better for you).

Week Three

Listen to the [audio podcast](#) for this month. After you listen, think of one or two helpful insights that you can share with someone and figure out when you might be able to share those insights with them.

Week Four

Take a 20 minute walk in your neighborhood. You can walk alone or with a friend. Pay attention to the sights, smells, and sounds around you. Try to keep your mind from racing about the things you have to do and the issues you are facing at the moment, and instead ask God to show you what God is doing in this place at this time. What do you find yourself noticing? Be attentive to the ways that God is present in the noise and sights of the city. For instance, how might sirens become a call to prayer? During this week, as you walk in the city, discover how God is speaking to you about God's heart for the places and people around you.