

Sabbath Rest in a 24/7 City Month 3: Your Pain



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

Look back at the [article](#) and look at the various responses to pain we often choose. What are some of the ways you have used to numb out, avoid or distract yourself from pain and suffering?

- Take some time, on your own or with a partner, and reflect on your own lens or lenses regarding suffering. Which lens has been your primary lens through which you view suffering?
- Think about the different ways you respond to pain and suffering. Do the responses in the article resonate with you? Do you see them in the youth around you?
- What is one change you can make this week in the ways you respond? Write about it in your journal or share the insight with a friend.

Week Two

Listen to the [audio](#) of Drs. Kara Powell and Cynthia Eriksson that focuses on how trauma affects us as leaders. As a follow up to the audio, read the article by Cynthia Eriksson and Brad Griffin on trauma and the importance of lament.

Week Three

Watch and listen to this video of Psalm 13, a psalm of lament:

<http://www.youtube.com/watch?v=oPFNT05B4zq>

- Do you resonate with this video and/or this song? If so or if not, why?
- Try writing your own lament, pouring out your heart to God, either in mourning or in protest. It can be a song, a poem, or an anguished cry—the form doesn't matter. God wants to hear what is truly in your heart.

Week Four

It can be difficult to take space for prayer in the midst of suffering. Sometimes we don't even know what this could look like. Take some time to brainstorm what some rituals of urban pain relief could look like. For example, if one of the youth you work with experiences a death, you might want to light a candle with them as a way to remember the life of their loved one. If a friend is struggling with anger you may want to take them to a bowling alley and encourage them to picture the headpin as the source of their anger.

After you make a list, ask yourself if you need to put any of these rituals into practice in this week. If so, carve out some time in your schedule this week to do this.