WEEK 1: REST

KEY VERSE: GENESIS 2:2-3

By the seventh day God had finished the work he had been doing; so on the seventh day he rested from all his work. Then God blessed the seventh day and made it holy, because on it he rested from all the work of creating that he had done.

DAILY READING PLAN

M-JUL-17 Genesis 1:1-10
T-JUL-18 Genesis 1:11-19
W-JUL-19 Genesis 1:20-31
TH-JUL-20 Genesis 2:1-3
F-JUL-21 Mark 2:23-27

IDEA: Plan this week to take a Sabbath. Find a ‘day’ to rest and do no work. This may take a little bit of planning. Have food prepared or dine out, be with friends, get chores done ahead of time, disconnect from social media and phones. Disconnecting allows for reconnecting which is a goal of the Sabbath!

WEEK 2: REMAIN

KEY VERSE: MATTHEW 23:11-12

The greatest among you will be your servant. For those who exalt themselves will be humbled, and those who humble themselves will be exalted.

DAILY READING PLAN

M-JUL-24 Matthew 23:1-12

IDEA: It is easy to get blown off course! We plan to take a Sabbath and then something happens or we get tempted. Resist! Pray daily this week to observe the Sabbath. Set it as a goal. The Sabbath is a great way to resist the temptations of our culture and is a great source of strength when practiced.

WEEK 3: DELIGHT

KEY VERSE: PSALM 1:1-3

Blessed is the one who does not walk in step with the wicked or stand in the way that sinners take or sit in the company of mockers, but whose delight is in the law of the Lord, and who meditates on his law day and night. That person is like a tree planted by streams of water, which yields its fruit in season and whose leaf does not wither, whatever they do prospers.

DAILY READING PLAN

M-JUL-31 Galatians 5:19-26
T-AUG-01 Romans 12:1-8
W-AUG-02 Philippians 4:4-9
TH-AUG-03 1 Thessalonians 5:16-24
F-AUG-04 Psalm 27

IDEA: What do you really like to do? On your Sabbath this week put aside some time to do that! Make sure it isn’t work - or maybe better said - ‘toil’. Sabbath is a great opportunity to do what we enjoy. Make sure it involves others and put away your phone. The Sabbath is intended to feel the presence of the Lord in part but doing what we enjoy.

WEEK 4: RENEWED

KEY VERSE: PSALM 97:12-15

The righteous will flourish like a palm tree, they will grow like a cedar of Lebanon; planted in the house of the Lord, they will flourish in the courts of our God. They will still bear fruit in old age, they will stay fresh and green, proclaiming, “The Lord is upright; he is my Rock, and there is no wickedness in him.

DAILY READING PLAN

M-AUG-07 Isaiah 58:13-14
T-AUG-08 Ephesians 4:17-32
W-AUG-09 Psalm 51
TH-AUG-10 Isaiah 40:27-31
F-AUG-11 Genesis 2:1-3

IDEA: Take a nap as part of your Sabbath. Physically rest, and when we are truly well rested something should happen - we smile. Feeling refreshed, renewed, connected to one another and the Lord makes a difference we can feel. If we are smiling, we are resting well and can truly feel the presence of the Lord!