



Here are a few simple things you can do to help you experience God in rest. There are two categories (daily & weekly), but please don't let that overwhelm you. The first step is to start small, so take what you can use and put the rest on hold.

### Daily

- **Find a space that can be your resting space or sabbath space.** It doesn't have to be large, but it needs to be comfortable and away from the activity of your home. Some people prefer to be near a window, others prefer a space that is isolated. It can be a space that you use in other ways at other times. It can be helpful to add an element to the space when you are resting there. For example, you could light a candle or burn incense; you could place something there that helps you focus on God such as a cross, a picture or a painting. Just makes sure that everyone else in your household knows not to disturb you when you are resting there.
- **Set aside a small amount of time,** if possible make it the same time each day. A short period like 10-15 minutes is a good way to start.
- **Begin by simply noticing yourself and then your surroundings.** Breathe deeply and slowly, pay attention to your breathing, notice how your body feels. Offer all of this to God and recognize that in so doing you are offering yourself to God. Then notice your surroundings: what you see, what you hear, what you feel. Offer this to God too.
- **Picture God/Jesus there with you.** Thank God for this time to rest and listen for any answer God may give.
- **You may want to read a small portion of scripture.** This is not Bible study time, it's resting time. It can be helpful to slowly read a few verses from the Psalms. If that leads you into further prayer, good. If it doesn't that's okay, too.
- **Some people who are anxious about time find it helpful to set an alarm so you know when your resting time is done.** Doing this frees you from continually checking a clock to see how much time has passed.

- **Finish by offering a short prayer of thank to God and remembering to God those who are not able to rest today.**

### **Weekly**

- **Set aside an extended period of time for rest once a week.** Again if the thought of resting for a full day seems undoable, start small. Set aside a part of the day( 1-3 hours). Here are some things to do during that time that others have found helpful:
  - Read the Bible
  - Read a different book
  - pray
  - sit quietly
  - nap
  - go for a relaxing walk
  - engage in a hobby
  - call a friend or family member just to connect
  - You can invite those in your household or another friend or family member to join you in resting. My wife Aimee and I (Scott is writing this), have found it good to read aloud to each other (from scripture or another book - including novels) and talk about what we read.
  - The important thing is not so much what you are doing as what you are not doing: you're not doing employment-related work or school work or chores or even volunteer work. The idea is to cease from those types of "productive" labor. And you are not filling the space with noise and activity.

### **Going Deeper**

- If you would like to explore sabbath rest more deeply, I encourage you to read the book like *Keeping the Sabbath Wholly* by Marva J. Dawn or *The Ruthless Elimination of Hurry* by John Mark Comer.

Need more? Contact [info@garfieldchurch.org](mailto:info@garfieldchurch.org) and we'll do our best to help!