



## **SABBATH**

**Sabbath is not often convenient, but it is important. God modeled this for us in creation, and we see it implemented into the lives of his people in the story of the Israelites. Sabbath is a command and we live it out as a practice of rest, trust, identity and celebration.**

### **Challenge of the Week**

#### **Sabbath**

Sabbath as rest. This week, take a walk each day immediately following a meal (whether that be breakfast, lunch or dinner). Find a time when you can set aside what you would normally do, and simply walk. Rest from the regular rhythm of your life and listen for Spirit as you go.