

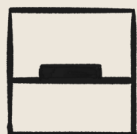
Intro: Attentiveness

Our lives are often hurried and distracted, and we are constantly pulled toward the next task or notification. This six-week guide invites you to slow down and give God your undivided attention.

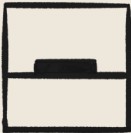
Each week centers on a particular psalm, moving through a simple progression: Stop, Rest, Delight, Worship. Each week includes five days of short, guided encounters in silence and solitude with the Lord (breath prayer, listening prayer, imaginative prayer, prayer of examen), and the sixth day is set aside for the practice of sabbath.

The time spent in silence and solitude increases each week gradually, from one minute of stillness in the first week to twelve to fifteen minutes by the end of the six weeks. The sabbath practice also deepens in a similar way, moving from a single focus each week (stop, rest, delight, worship) toward incorporating all four together, and eventually practicing sabbath in community. The goal is not to master these habits or to perform in any way, but rather to open our lives to the work of the Spirit and build a sustainable practice of presence to Jesus.

All of this flows from Psalm 46:10: “Be still, and know that I am God.” Come as you are. Start where you are, not where you think you should be.



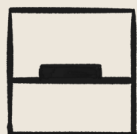
Week 1



Intro: Stop (Be Still)

This week we will spend time in Psalm 46. Practice slowing down each day for one minute or more to simply give the Lord your attention and remember His presence with you. Resist the urge to fill or rush through this time. Consider the prompts below as mere suggestions for how you can offer yourself to Him and listen for His voice. The goal of these times is to allow yourself to simply be still and know that he is God.

Week 1



Silence and Solitude

Breath Prayer - Psalm 46:1

Inhale: "God is my refuge."

Exhale: "My strength, my very present help."

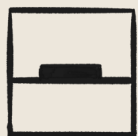
Breath prayer is a simple way to meditate on either a verse, name of God, or a particular truth of who God is by syncing your prayer with the cadence of your breathing. Breath prayer uses the natural process of your body to engage your mind and heart on the Word of God. These quiet and reflective "prayers of the heart" help to overcome distraction during prayer, allowing you to more easily commune with God.

Today's Invitation: Pray the phrase above for a few slow breaths, then rest quietly with the Lord for one minute. Resist the urge to do anything or say anything. Just remember God's presence with you and His love for you.

Remember to start where you are, not where you think you should be. This might just look like praying this breath prayer before you head into a meeting, before getting out of the car, right after waking up, or right before bed. For a stretch practice, intentionally set aside a time and place to sit in the quiet with the Lord, and gradually increase the amount of time you spend in silence.

Day 1

Week 1



Silence and Solitude

Breath Prayer Psalm 46:8

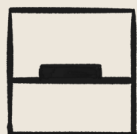
Inhale: "Come and see."

Exhale: "What the Lord has done."

Today's Invitation: The invitation from the Lord is not necessarily to do anything, but to simply look and notice. Take some time to reflect back on the last 24 hours and thank God for at least five ways that you experienced His goodness and grace. Sometimes we can forget the seemingly "small" things - like sunshine, a yummy meal, a timely text from a friend. Spend a few minutes noticing and remembering God's goodness to you.

Day 2

Week 1



Silence and Solitude

Breath Prayer - Psalm 46:10

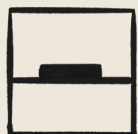
Inhale: "Be still."

Exhale: "And know that I am God."

Today's Invitation: This verse is the center of the psalm, and of this whole practice of attentiveness. Take some time to slow down and remember that the Creator of the universe wants to meet with you. He sees you, knows you, loves you, and is involved in every detail of your life. Is there a situation, relationship, or circumstance where you need to be reminded that He is God? Where are you finding yourself striving, seeking to control, or desiring to fix? What might you need to let go of, and entrust into His capable hands?

Day 3

Week 1



Silence and Solitude

Breath Prayer - Psalm 46:11

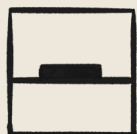
Inhale: "The Lord Almighty is with us."

Exhale: "The God of Jacob is our fortress."

Today's Invitation: In the quiet with the Lord, take some time to remember that He is with you. As you breathe in and breathe out, thank Him for the breath in your lungs. Thank God also for the gift of the Holy Spirit, the always-present Advocate and Helper promised by Jesus to those who believe in Him. How does knowing that God is always with you comfort you? Where in your daily or weekly rhythms are you most aware of God's presence? On the other hand - when might you miss or struggle to encounter God's presence? Is there a space or time (think of your everyday, ordinary rhythms) in your week that you might wish to actively invite God into?

Day 4

Week 1



Examen

The prayer of examen is a practice of noticing that enables you to “check in” with the Lord as you review and reflect on His movement in your life over a selected period of time - a day, week, month, or year. In the prayer of examen, you invite God, through prayer, to help you notice what is true about you (the state of your body, mind, and soul) and to help you remember His presence with you.

As you review this last week with the Lord, prayerfully reflect on the following questions:

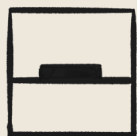
Where did I experience the goodness of God this week? What were some life-giving parts of my week?

Where might I have missed God’s presence or resisted His leading this week?

Are there any burdens or strains of the week that I am carrying? Is there anywhere in my body that I am experiencing tension?

Day 5

Week 1



Day 6

Sabbath: Stop

The word “sabbath” comes from the Hebrew word *shabbat* - to stop, cease, or be done. In Genesis, God himself rested on the seventh day, establishing a rhythm of work and rest in the very fabric of creation. On the sabbath, we are invited to commune with the Lord by setting aside a day (24 hours) to stop, rest, delight, and worship.

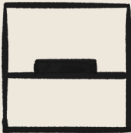
On the Sabbath, we stop, unplug, and disconnect from the regular demands of work and consumption and be wholly present to God. Through rest, we trust and remind ourselves that God is the one who sustains and upholds all things.

This week, the invitation is to start with just being still - to practice stopping for a few hours, or even a half day. Remember, start where you are, not where you think you should be. Perhaps this means practicing pausing and stopping for one hour a week, and gradually increasing that time. The goal over the next 5 weeks will be to stretch yourself to incorporate a 24-hour sabbath into your weekly rhythms. For now, as we begin, just take some time today to intentionally stop from work, paid and unpaid.

Here are a few things you might try today as you practice stopping:

- Block out a few hours, or even a half day, on your calendar
- Light a candle as a reminder to stop and slow down, or consider another starting rhythm/ritual for sabbath - i.e., reading a Psalm, putting on a Sabbath playlist, praying with others, setting your table in a special way, changing into more comfortable clothes, going on a short walk
- Unplug from email and social media, and consider powering down electronics
- Set aside your to-do lists
- Allow yourself to move more slowly and freely through the day, paying less attention to the clock

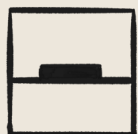
Week 2



Intro: Rest

This week we will spend some time revisiting Psalm 23. Practice slowing down each day for three minutes or more to simply give the Lord your attention and remember His presence with you. Resist the urge to fill or rush through this time. Consider the prompts below as mere suggestions for how you can offer yourself to Him and listen for His voice. The goal is to allow yourself to simply rest in God's presence.

Week 2



Silence and Solitude

Breath Prayer - Psalm 23:1

Inhale: "The Lord is my shepherd."

Exhale: "I shall not want."

Today's Invitation: Pray the phrase above while taking a few slow breaths. Spend a few minutes sitting in the stillness with the Lord. Resist the urge to say or do anything. Remember that you are in the presence of a loving God who desires to meet with you. As you do, reflect on what it means for the Lord to be your shepherd. Is it natural or challenging for you to view Him as a Good Shepherd? How might He be inviting you to trust His leading? Can you trust that He knows your needs and longings?

Day 1

Week 2



Silence and Solitude

Breath Prayer - Psalm 23:2

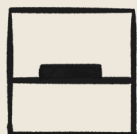
Inhale: "He makes me lie down."

Exhale: "In green pastures."

Today's Invitation: Find a quiet spot and pray through the verse above for a minute or two. As you breathe, allow your body to settle - relaxing your shoulders, maybe holding your hands open before the Lord. Consider where God may be inviting you to slow down and to rest. Is there something He is inviting you to lay at His feet today?

Day 2

Week 2



Silence and Solitude

Breath Prayer - Psalm 23:3

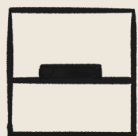
Inhale: "He guides me along the right paths."

Exhale: "For His name's sake."

Today's Invitation: As you spend some time slowing your breathing and meditating on the verse above, consider in the quiet with the Lord what it looks like for Him to lead you, rather than seeking to lead yourself. Is there a decision, situation, or season that feels uncertain or unclear to you? Offer that to Him at this time. Invite God to guide you in the next step, and ask Him to help you trust Him, even if you don't see the full picture or don't know the full path.

Day 3

Week 2



Silence and Solitude

Breath Prayer - Psalm 23:4

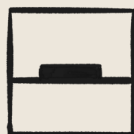
Inhale: "Even though I walk through the darkest valley."

Exhale: "I will fear no evil."

Today's Invitation: Pray the phrase above while taking a few slow breaths. Psalm 23 gives us permission to acknowledge and name the reality of the challenges we are facing. How might you be experiencing walking through the "darkest valley" right now? Are there any fears or concerns that the Lord might be inviting you to bring before Him?

Day 4

Week 2



Examen

“Even though I walk through the darkest valley, I will fear no evil, for you are with me; your rod and your staff, they comfort me.” - Psalm 23:4

As you review the last week and allow it to replay like scenes of a movie, take some time to prayerfully reflect on the following questions with the Lord:

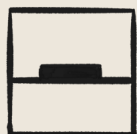
What were some highs (mountain peaks) and lows (valleys) of this week?

Where did you experience God's presence with you?

Where might you currently be experiencing a longing for His comfort, and for the assurance of His presence with you?

Day 5

Week 2



Day 6

Sabbath: Rest

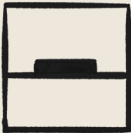
On the Sabbath, we practice resting and communing with God. We intentionally set aside time to allow our souls to reconnect with God and disconnect from the world of distraction and hurry. Ultimately, rest is an act of trust. It can often feel challenging, inefficient, or unproductive. When we rest, however, we are relying on God to sustain us.

One key distinction that is important, as we seek to rest in the Lord, is the difference between leisure and rest. There are some activities that, though fun, may leave us feeling drained, depleted, or numb - for example, binge-watching a TV show. Consider what it will look like to engage with activities that restore and replenish us in God's presence.

This week the invitation is to protect a few hours or half a day (or a full day, if you need a stretch practice) to practice resting with the Lord. Here are a few ideas:

- Aim to get seven hours of sleep the night before, and allow yourself to wake up slowly
- Spend some time silently resting in God's presence and promises in Scripture - Psalm 46 is a great place you might return to
- Take a nap, enjoy a walk, hike, or dream, or leave room for play - sports, board games, time at the park
- Read, journal, paint, make music
- Enjoy an unhurried coffee or meal with family or friends

Week 3



Intro: Delight

This week we will spend some time in Psalm 27. Practice slowing down each day for five minutes or more to simply give the Lord your attention and remember His presence with you. Resist the urge to fill or rush through this time. Consider the prompts below as mere suggestions for how you can offer yourself to Him and listen for His voice. The goal is to simply gaze on the beauty of the Lord.

Week 3



Day 1

Silence and Solitude

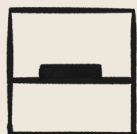
Breath Prayer - Psalm 27:1

Inhale: "The Lord is my light and my salvation."

Exhale: "Whom shall I fear?"

Today's Invitation: Pray the phrase above as you take a few slow breaths. Where we set our focus and attention matters. We are invited to glance at our fears, but to gaze on our God. Spend 5 minutes sitting quietly with the Lord. How have you experienced His light and guidance in your life? Is there something you're currently afraid of or unsure of? Invite God to remind you of His character and His leading in your life.

Week 3



Day 2

Silence and Solitude

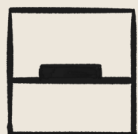
Breath Prayer - Psalm 27:4

Inhale: "One thing I ask."

Exhale: "To gaze on the beauty of the Lord."

Today's Invitation: Take a few minutes today to simply sit with the Lord with no agenda. Allow yourself to be still, to gaze on the Lord and to let Him look back at you with love. Resisting the urge to filter or judge what comes to mind, take a moment to honestly process the following question with the Lord: What have you found yourself asking the Lord for lately? Is there something that has been competing for that "one thing" place in your heart?

Week 3



Silence and Solitude

Breath Prayer - Psalm 27:8

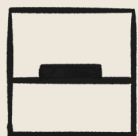
Inhale: "My heart says of you, 'seek His face'."

Exhale: "Your face, Lord, I will seek."

Today's Invitation: Pray the phrase above slowly, a few times, letting it become your response back to God. Seeking His face isn't searching for something absent - we are responding to an invitation He has already extended. Our heart's deepest desire is for connection with the Lord, but often we are distracted or preoccupied with other things. Spend a few moments just sitting with the Lord and expressing your desire to know Him. If it is helpful, write out a prayer that expresses a longing or desire you have (i.e., "Lord, help me to hear and know your voice above all other noise or distractions.").

Day 3

Week 3



Silence and Solitude

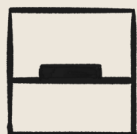
Imaginative Prayer

“I remain confident of this: I will see the goodness of the Lord in the land of the living. Wait for the Lord; be strong and take heart and wait for the Lord.” - Psalm 27:13-14

Today's Invitation: Picture a moment in your life, past or present, where waiting has felt hard—a decision, a relationship, a delay you didn't choose. Imagine Jesus sitting there with you in that waiting, not rushing you out of it. What does He say to you? What do you want to say to Him?

Day 4

Week 3



Examen

“Wait for the Lord; be strong and take heart and wait for the Lord.” - Psalm 27:14

As you review the last week and allow it to replay like scenes of a movie, take some time to prayerfully reflect on the following questions with the Lord:

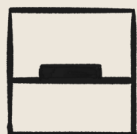
Where this week did you pause long enough to notice God’s beauty, and where did you rush past it?

What is it you’re currently waiting on the Lord for?

Where might He be inviting you to take heart and trust Him in that waiting?

Day 5

Week 3



Sabbath: Delight

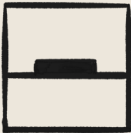
On the Sabbath we also practice delight - celebrating the goodness of God as we see it in creation, relationships, food, beauty, and rest. Delight is part of how we join God in declaring, as He did over creation, "it is good." To delight is to be unhurried, receiving what is good as a gift from God, rather than rushing past it.

This week this invitation is to set aside some time to delight in the Lord, protecting a few hours, a half day, or even a full day. Here are a few ideas:

- Slowly prepare and enjoy a favorite meal, dessert, or a good cup of coffee
- Spend time outside - a walk, a hike, a drive to somewhere beautiful, simply sitting outdoors
- Make art, play music, or visit somewhere that stirs a sense of wonder in you - a museum, a garden, the ocean
- Affirm and celebrate someone you love—tell them what you appreciate about them
- Thank God aloud for the things that brought you delight that day

Day 6

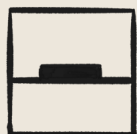
Week 4



Intro: Worship

This week we will spend some time in Psalm 95, alternating between silence and solitude and listening prayer. Practice slowing down each day for eight minutes or more to simply give the Lord your attention and remember His presence with you. Resist the urge to fill or rush through this time. Consider the prompts below as mere suggestions for how you can offer yourself to Him and be attentive to Him. The goal is to respond to God in worship and listen for His voice.

Week 4



Silence and Solitude

Breath Prayer - Psalm 95:1

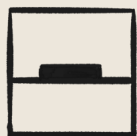
Inhale: "Come let us sing for joy to the Lord."

Exhale: "He is the rock of our salvation."

Today's Invitation: Pray the phrase above while taking a few deep, slow breaths. Worship doesn't have to start with the right feeling - sometimes it starts with making the choice to come before the Lord. Take a couple of minutes to just rejoice in the truth that our holy God is approachable, and He enables us to draw near to Him. How have you experienced His joy this week?

Day 1

Week 4



Day 2

Silence and Solitude

Listening Prayer

"Come, let us bow down in worship, let us kneel before the Lord our Maker."

Psalms 95:6

Listening prayer is a reminder that prayer is a two-way conversation; instead of just talking to God, we make space to listen for what He might want to say to us. While we do not hear an audible voice, the Holy Spirit may impress a word, a picture, a memory, or simply a sense of peace or conviction upon our hearts. Like Samuel, we come before the Lord with this posture: "Speak, Lord, for your servant is listening."

Today's Invitation: Spend a few minutes quieting yourself before the Lord. You may even choose, as this Psalm mentions, to kneel or bow your head as you commune with the Lord. Pose a simple question to the Lord: "Lord, what do you want me to know today?" Wait and listen, resisting the urge to fill the silence with your own words.

Week 4



Silence and Solitude

Breath Prayer - Psalm 95:2

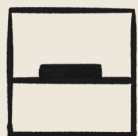
Inhale: "I will come before Him with thanksgiving."

Exhale: "And extol Him with music and song."

Today's Invitation: Spend a few minutes in the quiet, breathing slowly in and out as you pray in response to this verse. Take time to thank God for specific things, naming some of the gifts from this day or this past week. Let thanksgiving be the doorway into worship today.

Day 3

Week 4



Silence and Solitude

Imaginative Prayer

"For he is our God, and we are the people of his pasture, the flock under his care."

Psalms 95:7

Imagine yourself as a sheep in God's pasture, held and cared for by the Good Shepherd. How do you picture the Good Shepherd caring for you? Perhaps He is walking ahead of you, inviting you to follow. Or perhaps He is holding you in His arms. Where in your life is it hard for you to let Him lead right now? Sit with Him in that place and imagine His voice—patient, gentle, inviting you to trust Him.

Day 4

Week 4



Examen

"Today, if only you would hear his voice, 'Do not harden your hearts.'" Psalm 95:7-8

As you review the last week and allow it to replay like scenes of a movie, take some time to prayerfully reflect on the following questions with the Lord:

When this week did you sense God's voice or leading, and how did you respond to Him?

How may your heart have grown hardened or resistant to Him? Is there any resistance or stubbornness He may be wanting to graciously reveal?

Day 5

Week 4



Sabbath: Worship

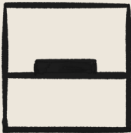
On the Sabbath, everything else—our stopping, resting, and delighting—leads toward and is a response of worship. Worship is our God-glorifying response to who He is and what He has done. More than just singing, we can worship through prayer, scripture, music, delighting in what God has made, and ultimately living as who God made us to be.

The invitation this week is to hold space for worship on your sabbath (as a reminder—a few hours, a half day, or a full day that is set apart to rest and commune with the Lord). Incorporate activities that enable you to connect with the Lord and respond to His character and care. Here are a few ideas:

- Go on a prayer walk or hike, noticing what God has made
- Spend time in Scripture
- Play an instrument or sing
- Generate and listen to a worship playlist
- Write, journal, or draw in response to something God has shown you
- Make a list of ways you have seen God at work in your life, and thank Him

Day 6

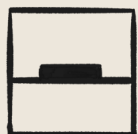
Week 5



Intro: Known & Loved

This week we will spend some time in Psalm 139. Practice slowing down each day for ten minutes or more to simply give the Lord your attention and remember His presence with you. Resist the urge to fill or rush through this time. Consider the prompts below as mere suggestions for how you can offer yourself to Him and listen for His voice. The goal is to rest in being fully known and loved by God.

Week 5



Silence and Solitude

Breath Prayer - Psalm 139:1

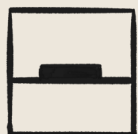
Inhale: "You have searched me, Lord."

Exhale "And you know me."

Today's Invitation: Allow your breath to slow and your body to settle in as you pray the phrase above. Spend 10 minutes simply resting in the quiet with the Lord. Remember that there is nothing left to prove or perform in front of the loving God who already knows you completely - your thoughts, your motives, your desires, your dreams. What could it look like for you to stop managing or filtering what you "allow" God to see, and simply let yourself be known by Him?

Day 1

Week 5



Silence and Solitude

Breath Prayer - Psalm 139:7-8

Inhale: "Where can I go from your Spirit?"

Exhale: "Where can I flee from your presence?"

Today's Invitation: Pray the phrase above slowly, a few times, resting in God's presence. Feel free to linger longer, or to follow where God might be nudging you. Spend some time thanking the Lord that there is no place where His love, mercy, and grace will not pursue and reach you. Is there a place in your life you'd rather keep hidden from God - a struggle, a fear, a memory, a part of your story you would rather not look at? Spend this time simply resting in the truth that there is nowhere you can go where He isn't already present, loving you.

Day 2

Week 5



Silence and Solitude

Breath Prayer - Psalm 139:14

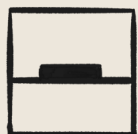
Inhale: "I praise you."

Exhale "for I am fearfully and wonderfully made."

Today's Invitation: As you breathe this phrase in and out, allow this to settle in as truth. Spend 10 or so minutes delighting in the Lord who delights in you - who sees you as wonderful, treasured, and made in His image. Ask the Lord to help you see yourself the way He sees you today - not through the lens of performance or comparison, but as someone He formed with intention and delight.

Day 3

Week 5



Day 4

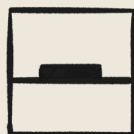
Silence and Solitude

Imaginative Prayer

"If I say 'surely the darkness will hide me and the light become night around me,' even the darkness will not be dark to you; the night will shine like the day, for darkness is as light to you." Psalm 139:11-12

Today's Invitation: Imagine yourself in darkness, or even in hiding. Spend 10 or so minutes imagining Jesus stepping into that darkness (whether physical darkness or perhaps confusion, fear, doubt, shame) with you. Picture him turning that to light in His presence. What does He say to you there? What do you want to say to Him?

Week 5



Examen

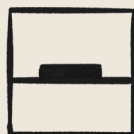
"Search me, God, and know my heart; test me and know my anxious thoughts. See if there is any offensive way in me, and lead me in the way everlasting." Psalm 139:23-24

As you review the last week and allow it to replay in your mind like scenes of a movie, take some time to prayerfully reflect on the following questions with the Lord:

- Where did you experience the joys of being known and loved by the Lord this week?
- Was there a time when you felt like you were hiding or holding back something from Him?
- Is there any heaviness or darkness that you are carrying in your body or your mind that you want to bring before the Lord and allow Him to shine His light into it?

Day 5

Week 5



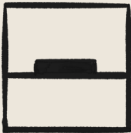
Sabbath

This week, consider how you can intentionally incorporate all four elements of sabbath—stop, rest, delight, and worship—into your day. If a full 24-hour sabbath doesn't feel within reach yet, aim to set aside a half day, or even 4 to 6 hours, where you will stop from your work and engage in rhythms of rest, delight, and worship. Looking back at previous weeks, were there any rhythms that you found to be restorative and life-giving? On the other hand, were there any sabbath rhythms over the last few weeks that you thought would be restful and help you commune with the Lord, but that left you feeling drained? Keep exploring what is truly restful for you, and feel the freedom to adjust and make changes to sabbath rhythms as you go. As you consider how to spend this sabbath day, invite the Lord to lead you and refresh you.

As you engage in these sabbath rhythms of rest, delight, and worship, take some time throughout the day to recall truths from Psalm 139: that you are already fully known and fully loved. You may find it helpful to read the Psalm slowly, to journal, or maybe even go on a prayer walk as you recall the ways that God has revealed His lovingkindness to you in the last week or even the last month.

Day 6

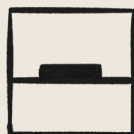
Week 6



Intro: Calm and Quiet

This week we will spend time in Psalm 131, the shortest psalm we'll pray in this guide—only three verses long, and yet a fitting way to close this season together. Practice slowing down in the quiet each day for 12 to 15 minutes, giving the Lord your attention and remembering His presence with you. Resist the urge to fill or rush through this time. Consider the prompts below as mere suggestions for how you can offer yourself to Him and listen for His voice. The goal is to practice being settled, unhurried, and content in the presence of God.

Week 6



Silence and Solitude

Breath Prayer - Psalm 131:1

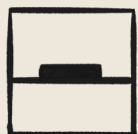
Inhale: "My heart is not proud, Lord."

Exhale: "My eyes are not haughty."

Today's Invitation: Take a few deep breaths, as many as you need, as you pray through the verse above. Spend time resting quietly with the Lord - for 12 to 15 minutes if you can, or as long as you need to. Six weeks of practicing attentiveness can subtly and quietly turn into another thing to "master" or get right. As you pray through the verse, remember that you don't need to "arrive" or impress the Lord - come as you are. The goal is communion with Him.

Day 1

Week 6



Silence and Solitude

Listening Prayer

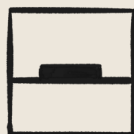
"I do not concern myself with matters too great or things too wonderful for me."

Psalms 131:1

Today's Invitation: Bring to mind anything that you have been striving over lately—a decision, an outcome, a "great matter" you have been carrying as though it depends entirely on you. Spend 12 to 15 minutes just quietly sitting before the Lord, inviting Him to show you what He wants you to know about it. Resist the urge to "solve" anything in silence—just listen for the voice of your Good Shepherd.

Day 2

Week 6



Silence and Solitude

Breath Prayer - Psalm 131:2

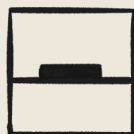
Inhale: "I have calmed and quieted my soul."

Exhale: "Like a weaned child with its mother."

Today's Invitation: Pray the verse above slowly, taking deep breaths in and out. Rest in that verse and that imagery for as long as you need. A weaned child no longer cries out of need or demand—they simply rest, content to be near. Where in your life are you still striving to be soothed by something other than the comfort and assurance of God's presence? Let this breath prayer and time of silence with the Lord settle you into an unhurried, quiet contentment in Him.

Day 3

Week 6



Day 4

Silence and Solitude

Imaginative Prayer

"Like a weaned child I am content."

Psalms 131:2

Today's Invitation: Picture yourself like a small child, fully content, resting in the arms of someone who loves you completely—not needing anything from them in that moment, but simply being held. Imagine that that person is the Lord. What does it feel like in your body to rest there, wanting nothing else? How do you envision God caring for and gazing at you in that moment? Allow yourself to stay in that space with the Lord for as long as you need to.

Week 6



Examen

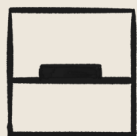
“Israel, put your hope in the Lord both now and forevermore.” Psalm 131:3

As this six-week journey comes to a close, let your reflection go beyond just this week. Take some time to prayerfully reflect on the following questions with the Lord:

- Looking back over these six weeks, where have you most clearly seen the Lord meet you? What have you seen Him forming in you?
- Which of the practices or exercises did you find yourself most naturally returning to?
- Which one did you find to be stretching?
- How might God be inviting you to offer Him your attention in the weeks to come?

Day 5

Week 6



Sabbath: Community

This week as you stop, rest, delight, and worship, consider how you can practice sabbath with your community—a roommate, family member, friend, your small group. This doesn't mean that you need to spend the whole day (or a half day) together, but perhaps you can invite them into one part of your Sabbath (i.e., a Sabbath dinner, a hike, grabbing coffee or a meal together, worshipping together).

Remember to start where you are, not where you think you should be. Perhaps your stretch goal is still to find ways to incorporate all four components (stop, rest, delight, worship) into your Sabbath. Or perhaps it is to set aside a full 24 hours (from sundown to sundown) for your Sabbath.

Take some time to look back over these six weeks and thank God specifically for what you've noticed Him doing. Decide which rhythms you want to keep going forward. If possible, share with a spouse, a friend, or someone in your small group about what you are celebrating from this journey.

Day 6

