

# Sabbath Tool

*Observe the Sabbath day by keeping it holy, as the LORD your God has commanded you. Six days you shall labor and do all your work, but the seventh day is a sabbath to the LORD your God.* Deuteronomy 5:12-14a (NIV)

**Prepare... what would it take to prepare for Sabbath?**

**Stop...what would it look for you to stop for 24 hours?**

**Rest...for you, what does a day of rest look like?**

**Delight...what kinds of things would be life-giving on a Sabbath?**

**Worship... in what ways could you connect with God in a meaningful way on Sabbath?**