



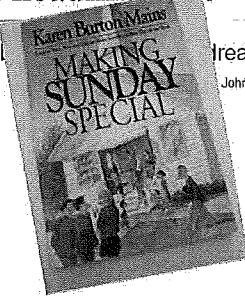
Sharpening Your Leadership
Through the Practice of Sabbath

Insert headline here

"more and more are being dreamed of"

John 10:10 The Message



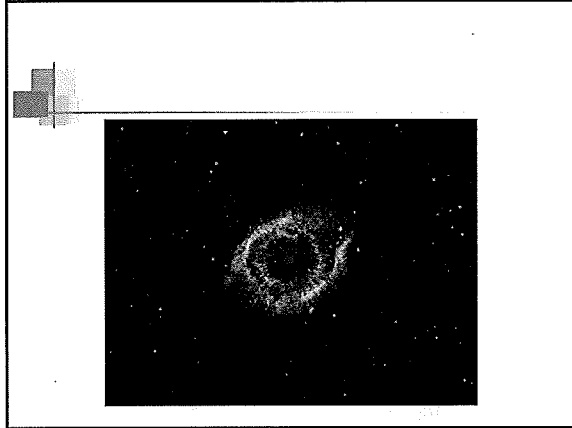
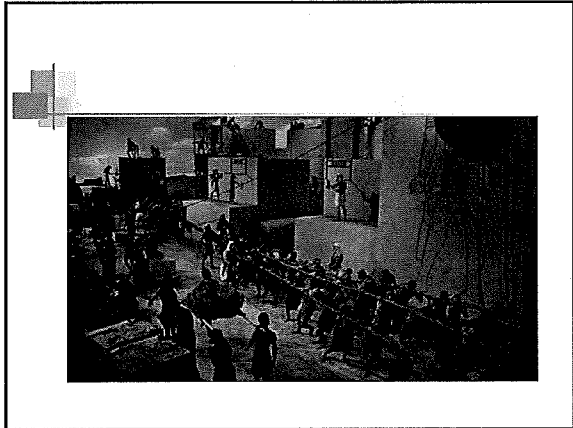
Rx Dr. I. M. Love
12 Restful Way
Shabbat, TX 54321

Patient Name: _____

*Take 1 (one) day off / week
as prescribed by the Lord.*

Unlimited refills
Results guaranteed!

RELATIONSHIP



"If you don't take a Sabbath, something is wrong. You're doing too much, you're too much in charge. You've got to quit, one day a week, and just watch what God is doing when you're not doing anything."
Eugene Peterson

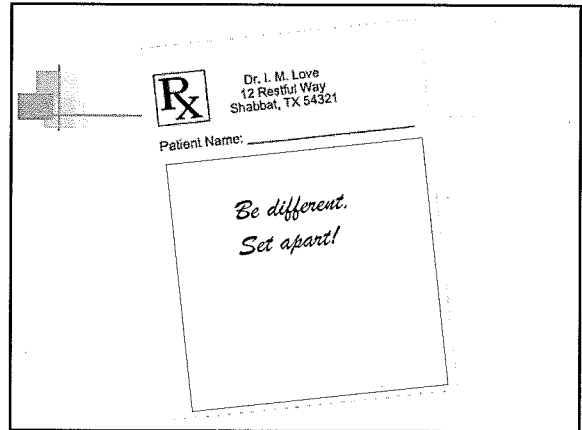


Table Exercise

"In repentance and rest is your salvation, in quietness and trust is your strength."
Isaiah 30:15

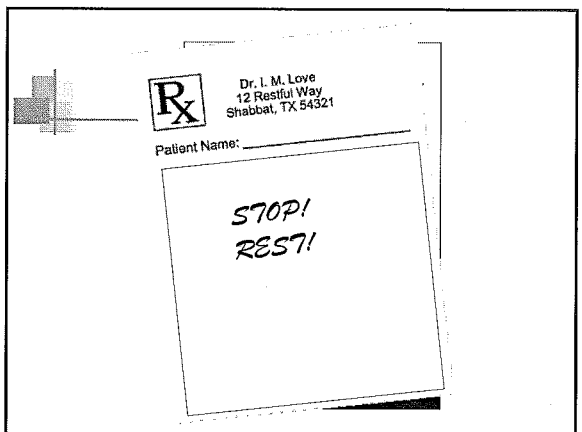

- What stands out to you in this Scripture?
- What does it mean to you?
- Describe your life if a 24 hour Sabbath was a reality each week.

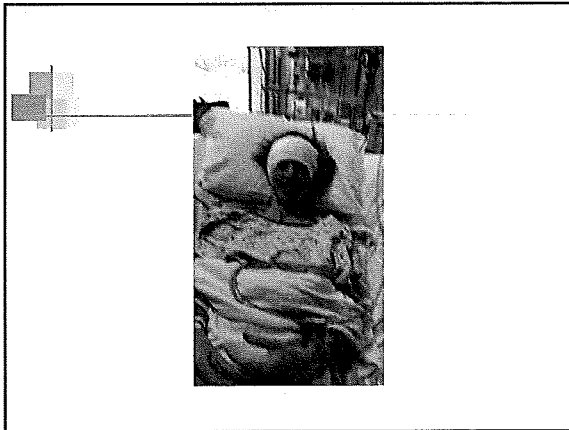
3 Critical Components

- Rest
- Reflection
- Renewal

Rest

- We think we are the center
- Re-prioritize life
- Enough time to do all God gives us
- 7-8 hours/night





"We want to be working in a world of grace, not striving. In the world of grace we are finding out what God is doing and joining Him in what he is doing. In the world of striving, we are plotting and planning and then asking God to bless our plans and work. Striving = 'God, please bless my efforts.'"

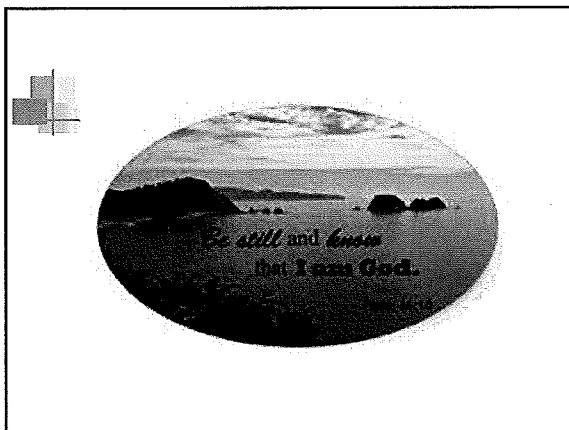
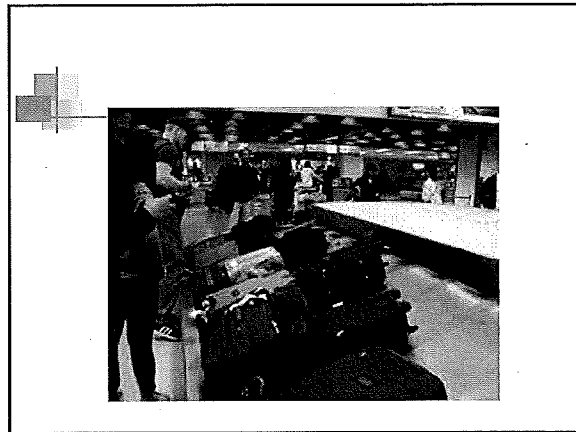
Dave Rhodes

Reflection

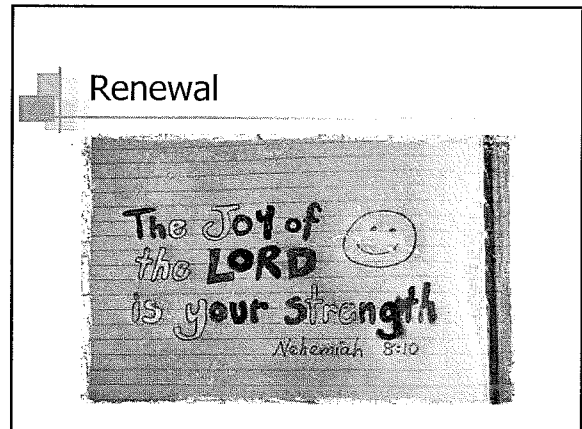
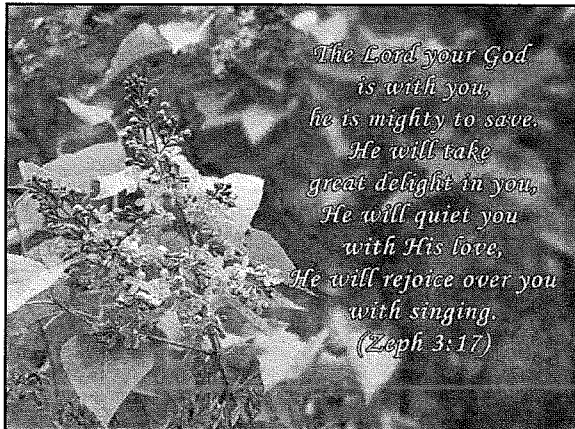
Quietness

Reflection = Know God + Know Self

Silence

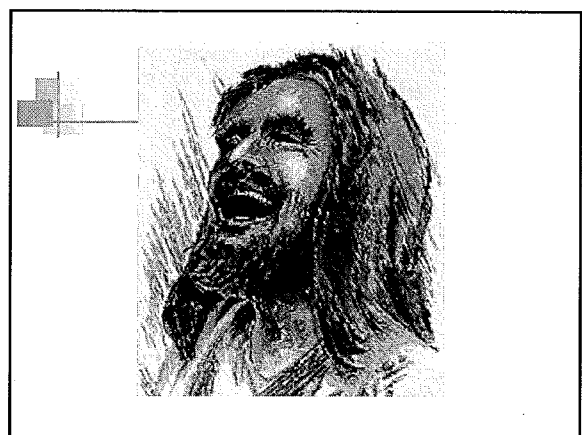


Raku



How are we refreshed?

- Keeping the Sabbath – Exodus 23:12
- Repentance – Acts 3:19-20
- Community – Romans 15:32
- Personal time with God – Psalm 23:3
- Play & enjoy – Ecclesiastes 3:13



Some ways we like to play

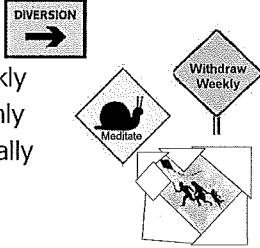
- Sabbath box
- Making a fun meal together
- Playing a game of Catan
- Taking a walk/hike
- Playing tennis
- Go for a drive
- What is play for you? How are you recreated each week?

Table Exercise

- What are the major hindrances to my having a good Sabbath each week?
- In what ways can I overcome these?

Best Kept as Rhythm of Life

- Divert Daily
- Withdraw Weekly
- Meditate Monthly
- Abandon Annually



Individually

- What kind of Sabbath do I want this week, and what is my plan for keeping it?
- Do I need to do something major to re-shape my life around a God rhythm?

Teach us to number our days aright
That we may gain a heart of wisdom.
For a thousand years in your sight
Are like a day that has just gone by
Or like a watch in the night.
May the favor of the Lord our God rest upon us;
Establish the work of our hands for us –
Yes, establish the work of our hands.

Psalm 90:4, 12, 17

"In repose
in quieti



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Patient Name: _____

*His prescription
or mine?*

salvation,
ngth."

30:15

