

# May

## FROM HOW TO WHO

“God’s creation is a life-giving inhale for all of us,  
and Sabbath is the exhale.”



	1 How are you planning to rest this week?	2 Sabbath isn't a day but a way of life.	3 <b>MY YOKE IS EASY AND MY BURDEN IS LIGHT.</b> Matthew 11:30	4 Identify red flags that rest is overdue (see <i>Rhythms of Rest</i> , page 84).	5 	6 Sabbath is possible because of setting an intention about it—not just having an intention about it.
7 Look for time—hours, half days, 24 hours—when you can unplug and rest.	8 The sacrament of presence and life-giving words makes a hard heart open and receptive.	9 Nothing is ever finished. Give yourself permission to leave things undone.	10 Sabbath is a life raft Jesus extends to us every week to prevent us from drowning in our work.	11 Resistance is an outcome of self-reliance.	12 <b>YOU MUST OBSERVE MY SABBATHS. THIS IS A SIGN BETWEEN ME AND YOU.</b> Exodus 31:13	13 
14 Observing Sabbath is a sign to people that Jesus is Lord, Light in the darkness.	15 When people ask “How are you?” respond with “I’m rested.” Note the outcome.	16 The turning point in making Sabbath a rhythm is determined by what you do with resistance.	17 <b>WE ARE SAVED FROM CONSEQUENCES OF FOOLISH CHOICES.</b> Ephesians 2:4-5	18 Choose a Sabbath accountability partner.	19 Preparation preserves peace. Begin planning for rest now.	20 You must be compassionate toward yourself before you can be compassionate to others.
21 When was the last time you were compassionate to yourself?	22 When was the last time you chose to “waste time” by doing something pleasurable without guilt?	23 Rhythms enhanced by self-compassion keep us steady and moving forward when we feel off-balance.	24 <b>FOR THE FOOLISHNESS OF GOD IS WISER THAN MEN.</b> 1 Corinthians 1:25	25 Sabbath is a time with heightened awareness of God’s nearness, his presence with you.	26 How are you preparing for Jesus to come this week?	27 Plan an artist date (see <i>Rhythms of Rest</i> , page 94).
28 Clearly define “emergency” in your household to make the practice of rest easier.	29 God is in charge of our minutes.	30 Laugh, play, watch a movie, and give yourself permission for feasting.	31 Sabbath is a weekly reminder that God cares more about who you are than what you do.	<p>“Sabbath as a rhythm of life changes the questions of life from how to who.”</p> 		