



# August

## EXTRAVAGANT WASTEFULNESS

“In Sabbath, we allow our brain to make sense of our busy lives.” Page 135

1

“Play and Sabbath are joined at the hip, and sometimes we rest best when we play hardest.” Mark Buchanan

2

Choose a playful activity on Sabbath this week.

3

Journal the details of what God has done for you recently.

4

“Idleness is as indispensable to the brain as vitamin D is to the body.” Tim Kreider

5



6

**BE STILL,  
AND KNOW  
THAT I AM  
GOD.**

Psalms 46:10

7

Rewrite negative inner dialogue into a positive, hopeful outlook.

8

Practice Selah. Pause for five minutes and think about what God is saying to you.

9

**MAY  
GOD’S FACE  
SHINE  
UPON YOU.  
SELAH.**  
Psalms 67:1

10



11

How does silence make you feel?

12

“The right word may be effective, but no word was ever as effective as a rightly timed pause.” Mark Twain

13

Silence disrobes busyness and makes it holy.

14

Make today a silent Monday. Pages 138–139

15



16

Sabbath is silence—a faint whisper breaking into a loud and busy world.

17

**LIGHT UP  
THE  
DARKNESS.**  
2 Corinthians 4:5–7

18

List the ways God’s face is shining upon you through sacred echoes and seemingly serendipitous events.

19

Laughter sounds the same in any language.

20

“It’s no accident that the word *question* contains the word *quest*. When was the last time [you] gave curiosity free rein?” Laura Boggess

21

Is Sabbath something we do to build deep roots *in* him or is it what we know *about* him?

22

Choose delight over duty today.

23



24

Are you enjoying life or managing life?

25

Sabbath can provide the same result as a quiet meditative retreat.

26

Spend some time daydreaming, and note what comes to mind.

27

Silence changes the profane to sacred.

28



29

Solitude of the heart is an attitude of quietness; a state of living unguarded.

30

**BETTER IS  
ONE HANDFUL  
OF QUIETNESS  
THAN TWO  
HANDFULS  
OF TOIL.**  
Ecclesiastes 4:6

31

A rhythm of daily silence and weekly Sabbath is making a (quiet) comeback.

“Extravagant wastefulness with time might prove the most productive thing you choose for yourself.”

#RhythmsOfRest  
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