



October



PREPARATION IS EVERYTHING

“Sabbath isn’t about resting perfectly; it’s about resting in the One who is perfect.” Page 171

<p>1</p> <p>“We crave balance but need rhythm.” —Mark Buchanan</p>	<p>2</p> <p>Experience the fullness of rest by focusing fully on the details of living a full life.</p>	<p>3</p> 	<p>4</p> <p>“WHAT DO YOU WANT ME TO DO FOR YOU?” —Jesus</p>	<p>5</p> <p>Preparation is an act of love and rest is an act of faith.</p>	<p>6</p> <p>What does Mary’s choice on Preparation Day communicate? (Luke 23: 54–56)</p>	<p>7</p> <p>Preparing isn’t as much about what we do as it is about creating space for expectancy.</p>
<p>8</p> <p>Preparation in rest precedes the miracle.</p>	<p>9</p> <p>“Time is a relentless river. . . . I can slow the torrent by being all here. I only live the full life when I live fully in the moment.” —Ann Voskamp</p>	<p>10</p> <p>Preparing for Sabbath communicates to Jesus, “You matter most. I want to spend time with you.”</p>	<p>11</p> <p>What are a few practical things you can do today to prepare for Sabbath rest?”</p>	<p>12</p> 	<p>13</p> <p>Revelation comes more quickly with rest.</p>	<p>14</p> <p>THE LINES HAVE FALLEN IN PLEASANT PLACES. Psalm 16:6</p>
<p>15</p> <p>How can you begin to see the narrowing of time as God’s highest intention for you?</p>	<p>16</p> <p>Read Philippians 2:5–11. If Jesus limited himself, how does concealment of his gifts inform your life?</p>	<p>17</p> <p>Sabbath is a narrowing; a limit, a boundary, a tight passageway that requires shedding excess baggage hindering rest.</p>	<p>18</p> <p>What is one thing you could let go of today that would release you to rest?</p>	<p>19</p> <p>YOUR COMMANDMENT IS EXCEEDINGLY BROAD. Psalm 119:96</p>	<p>20</p> <p>Can you embrace narrow seasons as God’s best for the moment?</p>	<p>21</p> 
<p>22</p> <p>THE FEAR OF THE LORD IS THE BEGINNING OF WISDOM. Psalm 111:10</p>	<p>23</p> <p>Idealism is the thief of Sabbath.</p>	<p>24</p> <p>If God is resetting boundaries, how do you embrace and honor limits with time?</p>	<p>25</p> <p>There is a difference between being purposeful and being driven about time.</p>	<p>26</p> <p>MY YOKE IS EASY AND BURDEN LIGHT. Psalm 16:6</p>	<p>27</p> <p>When considering rest, this is your guideline: What is easy and light for you?</p>	<p>28</p> <p>Read Sabbath’s Golden Rule on page 174.</p>
<p>29</p> <p>Sabbath DNA is unique to each of us.</p>	<p>30</p> <p>Are you allowing the “shoulds” to boss you around?</p>	<p>31</p> 	<p>“Joy is an undercurrent of Sabbath when we make the day celebratory. And rested people make for a peaceful home.” Page 180</p> 			