

# November



“Rhythms provide anchoring during the storms of life.” Page 182

## L’CHAIM! TO LIFE!



<p>5</p> <p>Adding a ruminating practice to a Sabbath rhythm can mean that peace comes more quickly.</p>	<p>6</p> <p>What is your ruminating practice of choice? Pages 182–183</p>	<p>7</p> <p>Ruminating prepares us to receive God on Sabbath, arms open and extended in welcome.</p>	<p>1</p> <p>“Spiritual rest is a journey of awakening our hearts to fully receive.” Bonnie Gray</p>	<p>2</p> <p><b>WE LIVE BY EVERY WORD FROM GOD’S MOUTH.</b> Deuteronomy 8:3</p>	<p>3</p> 	<p>4</p> <p>God takes what is simple and uses it for our good.</p>
<p>12</p> <p>On Sabbath, what matters most is that the details are different than the other six days of the week.</p>	<p>13</p> <p>Bless someone today with the gift of presence.</p>	<p>14</p> <p><b>BELIEVE AND EXPERIENCE REST.</b> Hebrews 4:4</p>	<p>8</p> 	<p>9</p> <p>Toast L’chaim! once a week on Sabbath. Make times of rest celebratory and joyful.</p>	<p>10</p> <p><b>STAY ON THE PATH.</b> Deuteronomy 5:33</p>	<p>11</p> <p>Don’t forget, in the midst of God’s blessings, the care he provided in the wilderness.</p>
<p>19</p> 	<p>20</p> <p>Start a list of what you need to accomplish to make rest a reality.</p>	<p>21</p> <p>Ask for help with one item on your list.</p>	<p>15</p> <p>Will you believe? It’s the question God asks of us in the wilderness.</p>	<p>16</p> <p>How does Sarah’s response of laughter (Genesis 18) inform your mindset about Sabbath?</p>	<p>17</p> <p>Think back to memorable meals. What are some of the components that stand out to you?</p>	<p>18</p> <p>Invite friends to join you for a Sabbath meal.</p>
<p>26</p> 	<p>27</p> <p>Capture a photo. Share on social media. Add community hashtags #SabbathSociety and #RhythmsOfRest.</p>	<p>28</p> <p>Create a simple prayer or blessing to begin Sabbath this week.</p>	<p>22</p> <p><b>LOVE THE LORD—HEART, SOUL, STRENGTH.</b> Deuteronomy 6:5</p>	<p>23</p> <p>Make a list of thanks for all the ways you have experienced God’s nearness this week.</p>	<p>24</p> <p>Experiment in the kitchen and bake challah.</p>	<p>25</p> <p>Read about the significance of challah on Sabbath on Page 184 and Exodus 16:4–30.</p>
			<p>29</p> <p>What are some practical ways you can make Sabbath celebratory?</p>	<p>30</p> <p><b>THERE REMAINS A SABBATH REST.</b> Hebrews 4:9–10</p>		

“Sabbath in the spirit of ease and togetherness cultivates a period of rest that is hospitable.”

