

Prayer Practice | Sabbath

Purpose

This sheet serves to give ideas on how to practice prayer in correlation with your Sabbath practice. If you want to practice prayer but do not know where to start, simply choose 1 of these and apply it to your Sabbath practice.

- **Opening + Closing Prayer:**
 - A great custom to have on Sabbath is something that brings you into a place of rest. One way of doing this is having a prayer that serves as the start of Sabbath. This can be a written prayer, a kneeling prayer, a prayer that is alongside something like lighting a candle, etc. The point is that this is a physical acknowledgment with God of the time you are entering into and then when Sabbath is done, it serves as a dependence on God to enter back into the world and work.
- **Prayer Walk:**
 - A great form of prayer on Sabbath is a prayer walk. This helps us slow down, take our minds off work, allow feelings to come up, and get our bodies moving. During this time, you can speak to God and listen to God in silence. Our encouragement during these walks is to keep your phone inside, or on Do Not Disturb so that the focus can be the presence of God.
- **Nap:**
 - Sleeping is one of the most spiritual acts. The reason is that it is a physical confession that God is in control. Take a Sabbath Nap. Have the whole family take a nap. Before you go to sleep pray to God that He would remind you that as you rest, He is the sustainer and provider for the world.
- **Silence**
 - Many of our weeks can feel nonstop. There is the constant noise of voices, music, and our own inner thoughts that keep our minds going. A great prayer practice on Sabbath is to set a timer (1 min // 10 min // 20 min) and allow yourself just to be silent. Turn off your phone, sit in your favorite chair, make sure your spouse is watching the kids, and sit in the quiet. These are the times when we are most aware of what we are feeling. Be with God and allow yourself that time to do nothing except sit with Him.
- **Journaling**
 - Sabbath can serve as a consistent bookmark for our weeks. This gives us a consistent time to be able to reflect on the past week and prayer for the future week. Each week take a journal and pray with God through written words. Write key memories from the week, where God showed up during the week, and a prayer for your coming week.