

PHILIPPIANS 2: 1-11

1 Therefore if you have any encouragement from being united with Christ, if any comfort from his love, if any common sharing in the Spirit, if any tenderness and compassion, 2 then make my joy complete by being like-minded, having the same love, being one in spirit and of one mind. 3 Do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves, 4 not looking to your own interests but each of you to the interests of the others.

5 In your relationships with one another, have the same mindset as Christ Jesus:

6 Who, being in very nature[a] God, did not consider equality with God something to be used to his own advantage; 7 rather, he made himself nothing by taking the very nature[b] of a servant, being made in human likeness. 8 And being found in appearance as a man, he humbled himself by becoming obedient to death—even death on a cross! 9 Therefore God exalted him to the highest place and gave him the name that is above every name, 10 that at the name of Jesus every knee should bow, in heaven and on earth and under the earth, 11 and every tongue acknowledge that Jesus Christ is Lord, to the glory of God the Father.

SABBATH PRACTICES

"Observe the Sabbath day by keeping it holy, as the Lord your God has commanded you. Six days you shall labor and do all your work, but the seventh day is a sabbath to the Lord your God. On it you shall not do any work." - Deuteronomy 5:12-14

Below is a guide to help you practice a Sabbath Day to the Lord. God invites us once a week to cease doing work.

This day is:

An Invitation to Rest

- Enjoy a bit of solitude
- Relax
- Take a nap

An Invitation to Delight in God

- Worship with your faith community
- Read the Scriptures
- Pray

An Invitation to be Renewed

- Do something that fills you with life
- Eat a meal you enjoy
- Say no to work, anything that drains you (running errands, lament, technology, etc.)