



Practice a Sabbath. Sabbath-keeping is difficult, but it need not be impossible. Start where you can. If not one day a week, choose one day this month to give it a try. Put that date on your calendar and pray that God will help you honor this Sabbath day and keep it holy. As you make preparations and plan for the day, you might find it helpful to think through the following questions:

What activities related to work, buying and selling, and worry will I refuse to engage in?

In order to set aside this day as a day of rest, what scheduling choices do I need to make in the other six days?

What activities drain me?

What activities bring me delight?

What kinds of things replenish my spirit?