

Practising the Way – Sabbath.

For videos and more resources, visit: practicingtheway.org/sabbath



Verse for meditation: Mark 2 v27 'The sabbath was made for humankind, and not humankind for the sabbath...'

What has struck me from today?

What changes do I want to make to my sabbath day to help me stop, rest, worship and delight in God?