

Practising the Way – Sabbath

Website: <https://www.practicingtheway.org/>

Session 1: Stop

Verse for meditation

Psalm 23 v1-3

The Lord is my shepherd, I shall lack nothing. He makes me lie down in green pastures, he leads me beside quiet waters, he restores my soul.

Questions to ponder

What struck me from the talk today – was there a phrase or verse which resonated?

When and how might I practise Sabbath in the week to come?
