

Practising the Way – Sabbath

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

Session 2: 'REST'

Verse for meditation: Matthew 11.28-30: *"Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light."*

Questions to think about:

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

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What are the things that stop me from having Sabbath rest?

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When and how might I be released from these things, and how can I practise Sabbath rest this week?

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