

# A Sabbath Heart: Finding Rest in a Restless World

## Reading Plan

### **Week 1 (1/16 - 1/20):**

1. [Exodus 20](#)
2. [Isaiah 30](#)
3. [Genesis 3](#)
4. [Ecclesiastes 3](#)
5. [Romans 12](#)

**Sabbath Practice:** Set time apart this week and make it special, different from all the other times of your week. Allow yourself to truly rest and engage in activities that deepen your love for God and others, and renew your mind, heart, body and spirit.

### **Week 2 (1/23 - 1/27):**

1. [Psalm 46](#)
2. [Psalm 23](#)
3. [Psalm 34](#)
4. [Psalm 62](#)
5. [Acts 16](#)

**Sabbath Practice:** Practice the sovereignty of God this week by praying the words of Psalm 46 every day. Pray with your palms open, ready to release whatever you're carrying that feels heavy. Personalize Psalm 46 ("God is *my* refuge and strength, *my* very present help in trouble. Therefore *I* will not fear...").

### **Week 3 (1/30 - 2/3) Hospers:**

1. [Deuteronomy 5](#)
2. [John 7](#)
3. [2 Corinthians 3](#)
4. [Galatians 5](#)
5. [Hebrews 13](#)

### **Week 3 (1/30 - 2/3) OC:**

1. [Isaiah 58](#)
2. [Mark 2 & 3](#)
3. [Leviticus 16](#)
4. [Psalm 92](#)
5. [Romans 15](#)

**Sabbath Practice Hospers:** Ask God to reveal to you any area of your life where you are experiencing bondage—an addiction to things like: a substance (drugs or alcohol), pornography, your job, a grudge, resentment, people-pleasing, being productive, social media, digital devices, etc. Journal about this and ask God, in his power, to set you free from this bondage. Practice going without that addictive thing or activity this week (you may need the help of others or a counselor).

**Sabbath Practice OC:** Take a break from your work this week to play and practice joy. Wrestle with your kids (or grandkids). Play outside in the snow. Do a game night with your family or friends. Watch a funny movie that makes you laugh. Create something and get lost in the flow. Waste time for the sheer fun of it! And feel God's pleasure.

**Week 4 (2/6 - 2/10) Hospers:**

1. [Isaiah 58](#)
2. [Mark 2 & 3](#)
3. [Leviticus 16](#)
4. [Psalm 92](#)
5. [Romans 15](#)

**Week 4 (2/6 - 2/10) OC:**

1. [Deuteronomy 5](#)
2. [John 7](#)
3. [2 Corinthians 3](#)
4. [Galatians 5](#)
5. [Hebrews 13](#)

**Sabbath Practice Hospers:** Take a break from your work this week to play and practice joy. Wrestle with your kids (or grandkids). Play outside in the snow. Do a game night with your family or friends. Watch a funny movie that makes you laugh. Create something and get lost in the flow. Waste time for the sheer fun of it! And feel God's pleasure.

**Sabbath Practice OC:** Ask God to reveal to you any area of your life where you are experiencing bondage—an addiction to things like: a substance (drugs or alcohol), pornography, your job, a grudge, resentment, people-pleasing, being productive, social media, digital devices, etc. Journal about this and ask God, in his power, to set you free from this bondage. Practice going without that addictive thing or activity this week (you may need the help of others or a counselor).

**Week 5 (2/13 - 2/17):**

1. [Psalm 90](#)
2. [Proverbs 11](#)
3. [Matthew 6](#)
4. [Luke 6](#)
5. [John 5](#)

**Sabbath Practice:** Be generous with your time this week. First, give your time to God. Acknowledge that every moment, every breath, is a gift from God. Second, give your time to others. Allow yourself to be interrupted. Set your work aside and be present to the person in front of you.

**Week 6 (2/20 - 2/24):**

1. [Hebrews 4](#)
2. [Genesis 32](#)
3. [Psalm 29](#)
4. [Jeremiah 31](#)
5. [Philippians 3](#)

**Sabbath Practice:** Remember who you are and where you're going. Practice living for the line (and not just the dot) this week. Each day, as you face situations or make decisions, ask yourself: "If I keep the end in mind (eternity with God in his new creation), how does this impact my attitude and choices *today*? If I make this choice, will it honor Christ and help me love God and others more or less?"