



Seven Days of Rhythm and Sabbath

- Begin with a minute of silence before God.
- Read the following scriptures:
 - *Psalm 24.*
 - *2 Samuel 6:1-19*
 - *Ephesians 1:3-14*
- Take a few minutes to reflect on the passages you read. What word or phrase stood out to you? What did you learn about God through these texts?
- Offer up personal prayer requests to God, then spend another minute in silence.
- Spend some time in reflection over what the past seven days of rhythm of Sabbath have done for you. Have these moments brought you closer to God, centered your day in the appropriate way, etc? Share with God your experience with these intentional moments of pausing.
- Close with the Lord's Prayer:

- *Our Father in heaven, hallowed be your name, your kingdom come, your will be done, on earth as in heaven. Give us today our daily bread. Forgive us our sins as we forgive those who sin against us. Lead us not into temptation but deliver us from evil. For the kingdom, the power, and the glory are yours now and for ever. Amen.*