

# ...Summer... SABBATH

During Summer Sabbath, instead of having written out prayers, we will be sharing prompts that cause us to pause, reflect, and dialogue with the Lord. With each prompt, contemplate it conversationally with God, asking Him to speak on the subject. Be reflective and honest as you pray. Feel free to share some thoughts in response to your time with the Lord in the comments.

7/2	When you hear the term “Sabbath” what comes to mind? Ask the Lord to illuminate His desire for rest in Him.
3	Read Psalm 34:8, can you recall a time when you have “tasted and seen,” and responded with rejoicing? Share this time with the Lord.
4	Read Psalm 51:12, can you identify areas where you would like the Lord to restore the joy of your relationship with him? Go to Him in prayer and ask Him to restore your joy.
5	How does the truth of the Gospel produce rest in your life today? Spend time thanking the Lord for being our salvation, our hope, our King.
6	How has the Lord provided for you? Thank Him for His provision.
7	What are some things or ideas that have created a barrier to intimacy with Jesus for you? Seek the Lord, confess your distancing yourself from Him and ask Him to tear down these barriers.
8	Are there things or ideas that you need to repent of? What does it look like for you to return to God and be received by Him? Thank Him for paying the price for our sin, that we may approach Him without hindrance.
9	What parts of your heart, or feelings you have, that you withhold from God? Take time to bring them to the Lord.
10	What does meditation look like in your life? Spend some time asking the Lord to reveal ways you can grow in this area.
11	As you look inward, are there areas of your service to Jesus that have been tainted by selfish motivation? Repent of these things and ask the Lord to renew your affection for Him alone.
12	When you think about being rooted in Christ, what does that look like in your life? Ask the Lord what He desires that to look like.
13	What does it look like for you to be still and know that God is God? Spend a moment just being with the Lord.
14	Do you have a hard time trusting God no matter what? What are some ways you can grow in this? Ask God to heal the areas of your heart where you have doubts about His faithfulness.
15	Have you found yourself disappointed in what seemed like an unanswered prayer, only to realize that God knew what you needed? Thank the Lord for His plan, His timing.
16	How can you grow in the prayer “Your will be done”? Ask the Holy Spirit to guide your prayer to His will over your own.

<b>17</b>	What is an area in your life in which you've been looking for help from sources other than God? Confess your pursuit of idols and embrace the forgiveness Christ gives.
<b>18</b>	How can you grow in your trust that God is working in ways you cannot see? Ask the Lord to show you how He's been faithful your entire life.
<b>19</b>	How do you attempt to sustain your spiritual life in your own strength? Confess this sin and rest in God's faithfulness.
<b>20</b>	What spiritual rhythms do you regularly practice? Thank God for these practices.
<b>21</b>	What areas of spiritual rhythms do you feel led to grow in? How will you do this? Ask for the Holy Spirit to empower you to be able to do this.
<b>22</b>	Are there areas in your life in which you recognize that you're near but not actually "plugged in" to Christ? Ask for revelation of these areas that you may partner with the Lord to plug back in.
<b>23</b>	What tills the soil of your heart? Ask God to soften your heart and grow it in affection for Him.
<b>24</b>	How well do you allow God to take care of you? Thank God for how He has taken care of you and ask Him to grow you in being dependent on Him alone.
<b>25</b>	How well are you functioning in biblical community? If you struggle with this concept, ask God to reveal and heal why you struggle with it.
<b>26</b>	How can you grow in the ways you keep in step with the Spirit? Ask God to show you this.
<b>27</b>	How is your hidden life with God? What areas do you need to bring to Him in prayer?
<b>28</b>	What are some areas of your spiritual life that need sharpening? Lay your life on the table and allow God to show you this.
<b>29</b>	Who are your people? Who are you doing life with? Ask God to illuminate those who He has brought into your life to "do life" alongside.
<b>30</b>	What has your experience with joy looked like in your life? Take a moment to celebrate the Lord in prayer.
<b>31</b>	What are some ways you may not be trusting God as you step forward in faith? Share with Him why you might be hesitant.
<b>8/1</b>	Spend some silent time with the Lord.
<b>2</b>	How have you found hope and redemption in your suffering and hard seasons of life? Thank the Lord for these times.
<b>3</b>	How does God play into your decision-making processes in this life? Ask Him to speak loudly that you might do as He wishes.
<b>4</b>	What does it look like to experience the times of refreshment that come from the presence of the Lord? Ask the Lord to bring to mind times where you have been refreshed by Him.
<b>5</b>	What does it mean to you that we have a living hope in Jesus? Share this with the Lord.