



# THE INTIMATE GOD

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## CHAPTER 7 EXERCISES

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### Sabbath

#### **EXERCISE ONE**

##### **Stillness**

Spend some time in stillness, being present to your heart and mind.

Where are you, really?

Now take a few moments to enjoy the Lord's presence with you. Feel free to imagine Jesus standing in front of you, with His arms open wide to you. Is there any question you want to ask Him?

##### **Prayer**

Spend time praying through the Lord's Prayer, being attentive to the Spirit's promptings.

##### **Scripture**

Slowly read and meditate on **Isaiah 58:13–14**.

What longings are being stirred in you for your Sabbath practice?

##### **Practice His Presence**

Make it your goal today to think of Jesus at least once every waking hour.

## **EXERCISE TWO**

### **Stillness**

Spend time practicing stillness, bringing your whole self before God. Take time to tune in to your heart. What emotions are you experiencing today? Welcome the Lord into those places.

### **Prayer**

Spend time praying through the Lord's Prayer, being attentive to the Spirit's promptings.

### **Scripture**

Slowly and prayerfully read **Mark 2:23–3:6**.

What is God saying to you in this passage? What concerns do you have about practicing Sabbath? Share those with the Lord.

### **Practice His Presence**

In the midst of your day today, intentionally stop to enjoy a delight pause. Enjoy the Father's love for you.

## **EXERCISE THREE**

### **Stillness**

Spend time practicing stillness, being present to your heart. Now be present to the Lord. Enjoy His love for you.

### **Prayer**

Now pray through the sections of the Lord's Prayer. If you don't get through all of them, that's totally fine. Be aware of how the Spirit is leading you in your prayer time with Him.

### **Scripture**

Slowly and prayerfully read **Matthew 11:28–30**.

Imagine Jesus speaking these words directly to you. What burdens are you carrying? Imagine yourself releasing each of those specific burdens to Jesus.

Now ask Jesus what He wants to give you in exchange. What does He give you?

### **Practicing His Presence**

Throughout your day today, intentionally enjoy a conversational dialogue with Jesus. Welcome Him into situations you wouldn't normally think of doing so.

### **Sabbath Exercise**

Schedule and experience a Sabbath. No shoulds, no oughts, no work-related emails, no to-do list. What does your heart want to do? Take time to do that. Enjoy yourself. Enjoy the Lord.

After your Sabbath experience, spend some time reflecting on the experience by answering the following questions: What was meaningful for you during your Sabbath? What was frustrating or challenging for you during your Sabbath?

### ***RECOMMENDED RESOURCES FOR FURTHER EXPLORATION***

*The Rest of God: Restoring Your Soul by Restoring Sabbath*, by Mark Buchanan

*Subversive Sabbath: The Surprising Power of Rest in a Nonstop World*, by A. J. Swoboda

“*Six Ways to Practice the Sabbath*” by Tim Keller (Redeemer.com, March 2018, [https://www.redeemer.com/redeemer-report/article/six\\_ways\\_to\\_practice\\_sabbath](https://www.redeemer.com/redeemer-report/article/six_ways_to_practice_sabbath))