



## *Sabbath Reset: A Guided Reflection*

*A soul-soothing Sabbath guide to help you slow down, reflect, and reconnect.*

### Scripture Meditation

*"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... and you will find rest for your souls."  
Matthew 11:28-29 (NIV)*

### Reflect

- What is God revealing to you through this verse?
- What burdens are you carrying that need to be released?

### Journal Prompt

How is God inviting you to slow down and care for your soul in this season?

### Sabbath Self-Care Checklist

- ☐ Light a candle and pray
- ☐ Go for a peaceful walk
- ☐ Unplug from devices for an hour
- ☐ Drink a calming tea or elixir
- ☐ Rest without guilt
- ☐ Reflect and journal
- ☐ Listen to worship music or read a devotional

### A Short Sabbath Prayer

*"Lord, teach me to rest. Not just to stop working, but to truly trust You with all that is undone. Let this Sabbath be sacred - a time of renewal, reflection, and receiving. Fill me with peace and remind me that I flourish most when I'm rooted in the soil of your love. Amen."*