

## **Sabbatical Journey, Week 3**

### **First cup of coffee** (or tea or juice)

This week we will take our insights from the past 2 weeks and work them into a plan that helps us. You may want to review some of those verses to keep them fresh, but we're not adding new ones.

Israel had a day and annual festivals of sabbath built into the rhythms of their calendar. Even with that, they lost sight of God's rest and perverted it with all kinds of legalism. We don't want to do either. This week is not about law and rigidity, but practical helps to fulfill genuine spiritual desires.

What are some ways that you think of that might work in your life to cultivate regular spiritual rest?

In January, an idea popped into my mind that has been a workable help to me. I'll suggest it as a model that you can try, or modify, or to at least provide a picture of what you might pursue.

I call it "First cup of coffee." Being a coffee lover, most days I find a way to squeeze in a cup or more of coffee to start my day. I didn't always find the same consistency in starting my day with something that fed my soul in rest. So, I decided to combine the two. My first cup of coffee is with God. If I had it with Bonnie or a friend, I would interact with them, listen actively as they share their heart, and share my heart in return. I can do the same thing with God. To listen to Him, I usually read and respond to some Scripture, but also seek to tune my heart to the promptings of His Spirit. Each day has similarities and differences. I'm not looking for anything particular except to spend heart-time with God and let Him rest my heart and mind.

My suggestion is that you take this, or adapt it, and give it a try. In fact, it might be a good way to continue with these "devotionals" for the rest of the time – unless it just becomes a "to do" to check off rather than a relational interaction with God. You get to make the decision about what works for you and how to go about it. My encouragement is that you try something new, or incorporate it into a pattern you already have. Keep some notes about what happens and how it benefits you.

One caution. Don't make it all about what you're asking God to do for you. Attempt to focus on seeking and listening to Him.