

AUGUST 2026

5 + 2

**FIVE AND TWO
DEVOTIONAL AND SABBATH**



Hello!

Everyone Takes A Step

Hi there! We're so glad you're here.

Welcome to another month of devotionals! In the midst of our fast-paced lives, let's always remember to carve out time for God.

This booklet serves as a guide to help us continue growing in our faith and deepening our spiritual understanding.

As we read God's Word, let us intentionally invite the Holy Spirit to be present, allowing the scripture to speak to us personally. This might lead us to discover spiritual insights that have yet to be revealed to us.

There's no need to rush through Scripture. God's Word was meant to be savoured, not skimmed. Allow the Holy Spirit to nudge your thoughts and stir your heart. In stillness, we create room for transformation and for God to shape us, guide us, and draw us closer to him.



How to use this guide

Daily Devotion

To get started, you can follow this format.

Be still (1 min): Become aware of God's presence.

Read (5-6 min): The day's passage. Read aloud if possible.

Listen (3-4 min): What is the Spirit highlighting?

Micro-practice (whole day): Apply what God has spoken to you.

Saturday Review

Use the Examen prompts to reflect on your week.

Learn more about the practice of the Examen on page 44.

Sabbath Twice A Month

Pause from work to rest in God. *Deepen your understanding of the sabbath on page 46.*

Weekly Check-in

Find a buddy/LifeGroup and connect weekly via text or in-person. You can use the given prompts and pray brief blessings for each other.

Practice Discernment

Test impressions by Scripture, Christ-likeness, Community, and Fruit (Gal 5:22-23). When guidance is directional or sensitive (finance, relationships, major decisions), loop in an FGA leader.

Choose love over spectacle; humility over hype.

Sabbath

Sabbath Practice



Pick 2 days this month where you will stop, rest, delight and practice love. If a whole day isn't possible, carve out some consecutive hours.

Behold Beauty

Spend time with something beautiful. It could be a painting, a song, or a sunset. Let it awaken gratitude for the Creator who fills the world with wonder.

Remember and Rejoice

Recall three moments of grace you noticed. Write them down or share them with someone. Rejoice that God was near.

Deepen your understanding of the sabbath on page 46.



Weekly Check-in

Buddy/LifeGroup Check-In

Purpose

End the week by noticing God, naming reality, and taking one clear next step. You can do this over text or in-person.

Flow

Gratitude

Where did you notice the Spirit this week?

Word

What verse/insight stayed with you?

Obedience

What step did you take? What fruit did you see?

Barrier

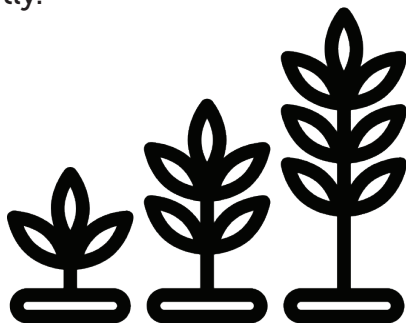
Where were you stuck, tempted, or tired?

Next Step

Name one small, specific step for the coming week.

End

Pray for each other, silently.



1 Aug

Examen: Saturday Review

Presence

Become aware of God's presence and ask the Spirit to bring clarity to your week.

Review

Review your week with gratitude, noticing God's gifts in people, work, and small pleasures.

Emotions

Pay attention to your emotions to discern God's movements, confess shortcomings, and consider His invitations.

Pray

Choose one moment from the week and pray from it - intercession, praise, repentance, or thanks - as the Spirit leads.

Ahead

Look toward the coming week. How are you feeling about what's ahead? Bring that to God.



Sunday: Arrive Ready

Hosea 6:3

Let us acknowledge the Lord; let us press on to acknowledge him. As surely as the sun rises, he will appear; he will come to us like the winter rains, like the spring rains that water the earth.

Pray

Lord, we press on to know You. Come to us like rain. Soak our dry places. Refresh our weary souls. We expect You — because You promised to come. Amen.

Posture

Pray before service: *"Lord, let it rain — in me and among us."* Look for signs of His presence — peace, tears, conviction, joy.



Jeremiah 29:4-7

⁴ This is what the Lord Almighty, the God of Israel, says to all those I carried into exile from Jerusalem to Babylon: ⁵ "Build houses and settle down; plant gardens and eat what they produce. ⁶ Marry and have sons and daughters; find wives for your sons and give your daughters in marriage, so that they too may have sons and daughters. Increase in number there; do not decrease. ⁷ Also, seek the peace and prosperity of the city to which I have carried you into exile. Pray to the Lord for it, because if it prospers, you too will prosper."

Be still. Breathe. *"Come, Holy Spirit."* Become aware of God's Spirit with you.

Read. Read the passage slowly.

Listen. What word/phrase stands out? What invitation is the Spirit highlighting?

Micro-practice. Pray for your neighbourhood, workplace, and government today. Ask: *"Spirit, how can I contribute to my nation's peace and flourishing?"*

4 Aug

Psalm 33:12-15

- ¹² Blessed is the nation whose God is the Lord,
the people he chose for his inheritance.
- ¹³ From heaven the Lord looks down
and sees all mankind;
- ¹⁴ from his dwelling place he watches
all who live on earth—
- ¹⁵ he who forms the hearts of all,
who considers everything they do.

Be still. Breathe. *"Come, Holy Spirit."* Become aware of God's Spirit with you.

Read. Read the passage slowly.

Listen. What word/phrase stands out? What invitation is the Spirit highlighting?

Micro-practice. Name three things you're grateful for about Singapore. Pray a short blessing: *"Lord, may Your goodness dwell in our land."*

Matthew 5:13-16

¹³ “You are the salt of the earth. But if the salt loses its saltiness, how can it be made salty again? It is no longer good for anything, except to be thrown out and trampled underfoot.

¹⁴ “You are the light of the world. A town built on a hill cannot be hidden. ¹⁵ Neither do people light a lamp and put it under a bowl. Instead they put it on its stand, and it gives light to everyone in the house.

¹⁶ In the same way, let your light shine before others, that they may see your good deeds and glorify your Father in heaven.

Be still. Breathe. *“Come, Holy Spirit.”* Become aware of God’s Spirit with you.

Read. Read the passage slowly.

Listen. What word/phrase stands out? What invitation is the Spirit highlighting?

Micro-practice. Ask: *“What does it look like to be salt and light in my sphere of influence?”* Do one quiet act of kindness today that points someone to God.

6

Aug

Colossians 3:23-24

²³ Whatever you do, work at it with all your heart, as working for the Lord, not for human masters, ²⁴ since you know that you will receive an inheritance from the Lord as a reward. It is the Lord Christ you are serving.

Be still. Breathe. *"Come, Holy Spirit."* Become aware of God's Spirit with you.

Read. Read the passage slowly.

Listen. What word/phrase stands out? What invitation is the Spirit highlighting?

Micro-practice. Begin your work today with this prayer: *"Lord, I serve You through my work."* Treat one person at work or school with unusual kindness.

7 Aug

Micah 6:8

He has shown you, O mortal, what is good.
And what does the Lord require of you?
To act justly and to love mercy
and to walk humbly with your God.

Be still. Breathe. *"Come, Holy Spirit."* Become aware of God's Spirit with you.

Read. Read the passage slowly.

Listen. What word/phrase stands out? What invitation is the Spirit highlighting?

Micro-practice. Pray for leaders and policymakers today. Pray that they will be people of integrity, wisdom, and compassion. Do one act of mercy for someone who cannot repay you.

Weekly Check-in

Buddy/LifeGroup Check-In

Purpose

End the week by noticing God, naming reality, and taking one clear next step. You can do this over text or in-person.

Flow

Gratitude

Where did you notice the Spirit this week?

Word

What verse/insight stayed with you?

Obedience

What step did you take? What fruit did you see?

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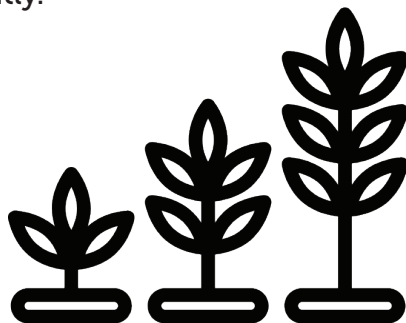
Where were you stuck, tempted, or tired?

Next Step

Name one small, specific step for the coming week.

End

Pray for each other, silently.



8 Aug

Examen: Saturday Review

Presence

Become aware of God's presence and ask the Spirit to bring clarity to your week.

Review

Review your week with gratitude, noticing God's gifts in people, work, and small pleasures.

Emotions

Pay attention to your emotions to discern God's movements, confess shortcomings, and consider His invitations.

Pray

Choose one moment from the week and pray from it - intercession, praise, repentance, or thanks - as the Spirit leads.

Ahead

Look toward the coming week. How are you feeling about what's ahead? Bring that to God.



9 Aug

Sunday: Arrive Ready

Psalm 84:1-2, 10

¹ How lovely is your dwelling place,
Lord Almighty!

² My soul yearns, even faints,
for the courts of the Lord;
my heart and my flesh cry out
for the living God.

¹⁰ Better is one day in your courts
than a thousand elsewhere;
I would rather be a doorkeeper in the house of my God
than dwell in the tents of the wicked.

Pray

Lord, stir our hearts like the psalmist. Give us a holy longing for Your courts. Better is one day with You than a thousand elsewhere. Let us come with yearning and joy. Amen.

Posture

Before entering church, pause and whisper: *"Lord, I long for You."* Let your worship flow from desire, not duty.



10
Aug

Genesis 2:15

The Lord God took the man and put him in the Garden of Eden to work it and take care of it.

Be still. Breathe. *"Come, Holy Spirit."* Become aware of God's Spirit with you.

Read. Read the passage slowly.

Listen. What word/phrase stands out? What invitation is the Spirit highlighting?

Micro-practice. Begin your day with this prayer: *"Lord, I work with You, not just for You."* Look for one opportunity to bring care or order to your environment today.

11 Aug

Daniel 6:3-5

³ Now Daniel so distinguished himself among the administrators and the satraps by his exceptional qualities that the king planned to set him over the whole kingdom. ⁴ At this, the administrators and the satraps tried to find grounds for charges against Daniel in his conduct of government affairs, but they were unable to do so. They could find no corruption in him, because he was trustworthy and neither corrupt nor negligent. ⁵ Finally these men said, "We will never find any basis for charges against this man Daniel unless it has something to do with the law of his God."

Be still. Breathe. "*Come, Holy Spirit.*" Become aware of God's Spirit with you.

Read. Read the passage slowly.

Listen. What word/phrase stands out? What invitation is the Spirit highlighting?

Micro-practice. Do one task today with quiet excellence, unseen but sincere. Ask: "*Spirit, teach me to serve with integrity even when no one notices.*"

¹ Then the Lord said to Moses, ² “See, I have chosen Bezalel son of Uri, the son of Hur, of the tribe of Judah, ³ and I have filled him with the Spirit of God, with wisdom, with understanding, with knowledge and with all kinds of skills— ⁴ to make artistic designs for work in gold, silver and bronze, ⁵ to cut and set stones, to work in wood, and to engage in all kinds of crafts.

Be still. Breathe. *“Come, Holy Spirit.”* Become aware of God’s Spirit with you.

Read. Read the passage slowly.

Listen. What word/phrase stands out? What invitation is the Spirit highlighting?

Micro-practice. Do your work with creativity today, not for applause but for joy. Whisper: *“Spirit, fill my work with Your wisdom and beauty.”*

13
Aug

Matthew 6:31-33

³¹ So do not worry, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?' ³² For the pagans run after all these things, and your heavenly Father knows that you need them. ³³ But seek first his kingdom and his righteousness, and all these things will be given to you as well.

Be still. Breathe. *"Come, Holy Spirit."* Become aware of God's Spirit with you.

Read. Read the passage slowly.

Listen. What word/phrase stands out? What invitation is the Spirit highlighting?

Micro-practice. Take a moment to surrender your ambitions to God. Pray: *"Spirit, help me seek first Your Kingdom in my work."*

¹ Jesus entered Jericho and was passing through. ² A man was there by the name of Zacchaeus; he was a chief tax collector and was wealthy. ³ He wanted to see who Jesus was, but because he was short he could not see over the crowd. ⁴ So he ran ahead and climbed a sycamore-fig tree to see him, since Jesus was coming that way.

⁵ When Jesus reached the spot, he looked up and said to him, "Zacchaeus, come down immediately. I must stay at your house today." ⁶ So he came down at once and welcomed him gladly.

⁷ All the people saw this and began to mutter, "He has gone to be the guest of a sinner."

⁸ But Zacchaeus stood up and said to the Lord, "Look, Lord! Here and now I give half of my possessions to the poor, and if I have cheated anybody out of anything, I will pay back four times the amount."

Be still. Breathe. "*Come, Holy Spirit.*" Become aware of God's Spirit with you.

Read. Read the passage slowly.

Listen. What word/phrase stands out? What invitation is the Spirit highlighting?

Micro-practice. Do something generous today (give, serve, or bless) without recognition. Pray: "*Lord, make my heart and my hands clean.*"

Weekly Check-in

Buddy/LifeGroup Check-In

Purpose

End the week by noticing God, naming reality, and taking one clear next step. You can do this over text or in-person.

Flow

Gratitude

Where did you notice the Spirit this week?

Word

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What step did you take? What fruit did you see?

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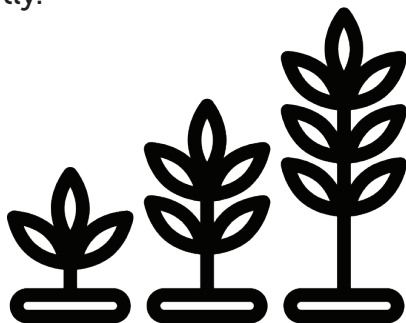
Where were you stuck, tempted, or tired?

Next Step

Name one small, specific step for the coming week.

End

Pray for each other, silently.



15 Aug

Examen: Saturday Review

Presence

Become aware of God's presence and ask the Spirit to bring clarity to your week.

Review

Review your week with gratitude, noticing God's gifts in people, work, and small pleasures.

Emotions

Pay attention to your emotions to discern God's movements, confess shortcomings, and consider His invitations.

Pray

Choose one moment from the week and pray from it - intercession, praise, repentance, or thanks - as the Spirit leads.

Ahead

Look toward the coming week. How are you feeling about what's ahead? Bring that to God.



16 Aug

Sunday: Arrive Ready

Psalm 24:7-9

- ⁷ Lift up your heads, you gates;
be lifted up, you ancient doors,
that the King of glory may come in.
- ⁸ Who is this King of glory?
The Lord strong and mighty,
the Lord mighty in battle.
- ⁹ Lift up your heads, you gates;
lift them up, you ancient doors,
that the King of glory may come in.

Pray

King of Glory, we lift our heads to You. Enter Your church. Enter our lives. Replace heaviness with hope, fear with faith, and distraction with Your presence. Amen.

Posture

Physically lift your head, take a deep breath, and say: *"You are the King of Glory."*

Encourage someone else who looks weary — remind them He is coming.



²⁵ On one occasion an expert in the law stood up to test Jesus. "Teacher," he asked, "what must I do to inherit eternal life?"

²⁶ "What is written in the Law?" he replied. "How do you read it?"

²⁷ He answered, "'Love the Lord your God with all your heart and with all your soul and with all your strength and with all your mind'; and, 'Love your neighbor as yourself.'"

²⁸ "You have answered correctly," Jesus replied. "Do this and you will live."

Be still. Breathe. *"Come, Holy Spirit."* Become aware of God's Spirit with you.

Read. Read the passage slowly.

Listen. What word/phrase stands out? What invitation is the Spirit highlighting?

Micro-practice. As you move around today, silently bless the people you see. Whisper: *"Lord, help me love my neighbour as You love me."*

²⁹ But he wanted to justify himself, so he asked Jesus, "And who is my neighbor?"

³⁰ In reply Jesus said: "A man was going down from Jerusalem to Jericho, when he was attacked by robbers. They stripped him of his clothes, beat him and went away, leaving him half dead. ³¹ A priest happened to be going down the same road, and when he saw the man, he passed by on the other side. ³² So too, a Levite, when he came to the place and saw him, passed by on the other side. ³³ But a Samaritan, as he traveled, came where the man was; and when he saw him, he took pity on him. ³⁴ He went to him and bandaged his wounds, pouring on oil and wine. Then he put the man on his own donkey, brought him to an inn and took care of him. ³⁵ The next day he took out two denarii and gave them to the innkeeper. 'Look after him,' he said, 'and when I return, I will reimburse you for any extra expense you may have.'

³⁶ "Which of these three do you think was a neighbor to the man who fell into the hands of robbers?"

³⁷ The expert in the law replied, "The one who had mercy on him." Jesus told him, "Go and do likewise."

Be still. Breathe. "*Come, Holy Spirit.*" Become aware of God's Spirit with you.

Read. Read the passage slowly.

Listen. What word/phrase stands out? What invitation is the Spirit highlighting?

Micro-practice. Slow down today. Notice someone who may be hurting or overlooked. Offer practical help, a word of encouragement, or prayer.

19
Aug

Micah 6:8

He has shown you, O mortal, what is good.
And what does the Lord require of you?
To act justly and to love mercy
and to walk humbly with your God.

Be still. Breathe. *"Come, Holy Spirit."* Become aware of God's Spirit with you.

Read. Read the passage slowly.

Listen. What word/phrase stands out? What invitation is the Spirit highlighting?

Micro-practice. Do one small act of mercy for someone who cannot repay you. Pray: *"Spirit, let me walk humbly and act justly today."*

20
Aug

Matthew 5:9

Blessed are the peacemakers, for they will be called children of God.

Be still. Breathe. *"Come, Holy Spirit."* Become aware of God's Spirit with you.

Read. Read the passage slowly.

Listen. What word/phrase stands out? What invitation is the Spirit highlighting?

Micro-practice. Ask God to show you one relationship or environment where you can bring peace. Speak words today that calm rather than stir tension.

21
Aug

Isaiah 58:10-11

¹⁰ and if you spend yourselves in behalf of the hungry

and satisfy the needs of the oppressed,
then your light will rise in the darkness,
and your night will become like the noonday.

¹¹ The Lord will guide you always;
he will satisfy your needs in a sun-scorched land
and will strengthen your frame.
You will be like a well-watered garden,
like a spring whose waters never fail.

Be still. Breathe. *"Come, Holy Spirit."* Become aware of God's Spirit with you.

Read. Read the passage slowly.

Listen. What word/phrase stands out? What invitation is the Spirit highlighting?

Micro-practice. Do something generous for someone in your neighbourhood today. Thank God for the chance to be a small light in His great story.

Weekly Check-in

Buddy/LifeGroup Check-In

Purpose

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Flow

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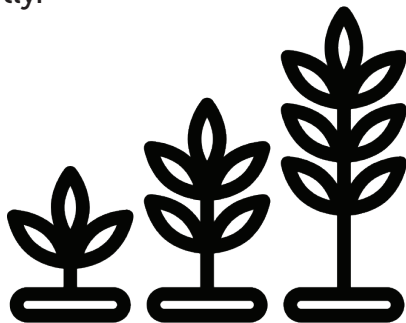
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Next Step

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End

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Examen: Saturday Review

Presence

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Review

Review your week with gratitude, noticing God's gifts in people, work, and small pleasures.

Emotions

Pay attention to your emotions to discern God's movements, confess shortcomings, and consider His invitations.

Pray

Choose one moment from the week and pray from it - intercession, praise, repentance, or thanks - as the Spirit leads.

Ahead

Look toward the coming week. How are you feeling about what's ahead? Bring that to God.



23 Aug

Sunday: Arrive Ready

Proverbs 4:23

Above all else, guard your heart, for everything you do flows from it.

Pray

Lord, guard our hearts. Heal what is wounded, humble what is proud, strengthen what is weak. May everything we do today flow from a heart that is clean and alive in You. Amen.

Posture

Take 2 minutes before serving to ask, *"How is my heart, really?"* Invite God: *"Align my heart with Yours before I do anything for You."*



⁶ For you are a people holy to the Lord your God. The Lord your God has chosen you out of all the peoples on the face of the earth to be his people, his treasured possession.

⁷ The Lord did not set his affection on you and choose you because you were more numerous than other peoples, for you were the fewest of all peoples. ⁸ But it was because the Lord loved you and kept the oath he swore to your ancestors that he brought you out with a mighty hand and redeemed you from the land of slavery, from the power of Pharaoh king of Egypt.

Be still. Breathe. *"Come, Holy Spirit."* Become aware of God's Spirit with you.

Read. Read the passage slowly.

Listen. What word/phrase stands out? What invitation is the Spirit highlighting?

Micro-practice. Thank God for calling you into His people. Ask: *"Spirit, remind me today that I belong to You and to Your family."*

- ¹ The Spirit of the Sovereign Lord is on me,
because the Lord has anointed me
to proclaim good news to the poor.
He has sent me to bind up the brokenhearted,
to proclaim freedom for the captives
and release from darkness for the prisoners,
² to proclaim the year of the Lord's favor
and the day of vengeance of our God,
to comfort all who mourn,
³ and provide for those who grieve in Zion—
to bestow on them a crown of beauty
instead of ashes,
the oil of joy
instead of mourning,
and a garment of praise
instead of a spirit of despair.
They will be called oaks of righteousness,
a planting of the Lord
for the display of his splendor.
- ⁴ They will rebuild the ancient ruins
and restore the places long devastated;
they will renew the ruined cities
that have been devastated for generations.

Be still. Breathe. *"Come, Holy Spirit."* Become aware of God's Spirit with you.

Read. Read the passage slowly.

Listen. What word/phrase stands out? What invitation is the Spirit highlighting?

Micro-practice. Pray: *"Spirit of the Lord, anoint me to bring good news today."* Look for one person who needs encouragement or healing.

⁴ For just as each of us has one body with many members, and these members do not all have the same function, ⁵ so in Christ we, though many, form one body, and each member belongs to all the others. ⁶ We have different gifts, according to the grace given to each of us. If your gift is prophesying, then prophesy in accordance with your faith;

Be still. Breathe. *"Come, Holy Spirit."* Become aware of God's Spirit with you.

Read. Read the passage slowly.

Listen. What word/phrase stands out? What invitation is the Spirit highlighting?

Micro-practice. Affirm one person's contribution in church today. Pray: *"Spirit, help us value one another's gifts."*

27
Aug

Zechariah 7:9-10

⁹ "This is what the Lord Almighty said: 'Administer true justice; show mercy and compassion to one another. ¹⁰ Do not oppress the widow or the fatherless, the foreigner or the poor. Do not plot evil against each other.'

Be still. Breathe. *"Come, Holy Spirit."* Become aware of God's Spirit with you.

Read. Read the passage slowly.

Listen. What word/phrase stands out? What invitation is the Spirit highlighting?

Micro-practice. Do one quiet act of compassion for someone overlooked. Ask: *"Spirit, open my eyes to the needs around me."*

² We always thank God for all of you and continually mention you in our prayers. ³ We remember before our God and Father your work produced by faith, your labor prompted by love, and your endurance inspired by hope in our Lord Jesus Christ.

⁴ For we know, brothers and sisters loved by God, that he has chosen you, ⁵ because our gospel came to you not simply with words but also with power, with the Holy Spirit and deep conviction. You know how we lived among you for your sake. ⁶ You became imitators of us and of the Lord, for you welcomed the message in the midst of severe suffering with the joy given by the Holy Spirit. ⁷ And so you became a model to all the believers in Macedonia and Achaia. ⁸ The Lord's message rang out from you not only in Macedonia and Achaia—your faith in God has become known everywhere. Therefore we do not need to say anything about it,

Be still. Breathe. *"Come, Holy Spirit."* Become aware of God's Spirit with you.

Read. Read the passage slowly.

Listen. What word/phrase stands out? What invitation is the Spirit highlighting?

Micro-practice. Pray that your church's testimony shines with joy and authenticity. Thank someone who has modelled steadfast faith.

Weekly Check-in

Buddy/LifeGroup Check-In

Purpose

End the week by noticing God, naming reality, and taking one clear next step. You can do this over text or in-person.

Flow

Gratitude

Where did you notice the Spirit this week?

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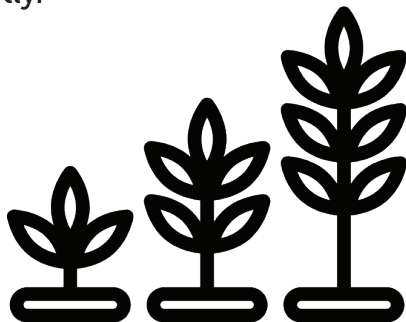
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Presence

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Emotions

Pay attention to your emotions to discern God's movements, confess shortcomings, and consider His invitations.

Pray

Choose one moment from the week and pray from it - intercession, praise, repentance, or thanks - as the Spirit leads.

Ahead

Look toward the coming week. How are you feeling about what's ahead? Bring that to God.



Psalm 66:1-2

¹ Shout for joy to God, all the earth!

² Sing the glory of his name;
make his praise glorious.

Pray

Lord, You are worthy of glorious praise. Wake our hearts from dullness. Let our worship — in song, in service, in silence — reflect Your splendour. Amen.

Posture

Sing like you mean it — not for volume, but for sincerity. Choose to engage fully — not watch — in worship.



31
Aug

Genesis 28:16-17

¹⁶ When Jacob awoke from his sleep, he thought, "Surely the Lord is in this place, and I was not aware of it." ¹⁷ He was afraid and said, "How awesome is this place! This is none other than the house of God; this is the gate of heaven."

Be still. Breathe. "*Come, Holy Spirit.*" Become aware of God's Spirit with you.

Read. Read the passage slowly.

Listen. What word/phrase stands out? What invitation is the Spirit highlighting?

Micro-practice. When you enter your church or home today, whisper, "*Surely the Lord is in this place.*" Become aware of God's presence wherever you are.

The Examen

Key Aspects of The Examen

1. Become aware of God's presence. Look back on the events of the week in the company of the Holy Spirit. The week may seem confusing to you—a blur, a jumble, a muddle. Ask God to bring clarity and understanding.

2. Review the week with gratitude. Gratitude is the foundation of our relationship with God. Walk through your week in the presence of God and note its joys and delights. Focus on the week's gifts. Look at the work you did, the people you interacted with. What did you receive from these people? What did you give them? Pay attention to small things—the food you eat, the sights you see, and other seemingly small pleasures. God is in the details.

3. Pay attention to your emotions. We detect the presence of the Spirit of God also in the movements of our emotions. Reflect on the feelings you experienced during the week. Boredom? Elation? Resentment? Compassion? Anger? Confidence? What is God saying through these feelings?

God will most likely show you some ways that you fell short. Make note of these sins and faults. But look deeply for other implications. Does a feeling of frustration perhaps mean that God wants you consider a new direction in some area of your work? Are you concerned about a friend? Perhaps you should reach out to her.

The Examen

Key Aspects of The Examen

4. Choose one feature of the week and pray from it. Ask the Holy Spirit to direct you to something during the week that God thinks is particularly important. It may involve a feeling, positive or negative. It may be a significant encounter with another person or a vivid moment of pleasure or peace. Or it may be something that seems rather insignificant. Look at it. Pray about it. Allow the prayer to arise spontaneously from your heart—whether intercession, praise, repentance, or gratitude.

5. Look toward tomorrow. Ask God to give you light for the challenges of the coming week. Pay attention to the feelings that surface as you survey what's coming up. Are you doubtful? Cheerful? Apprehensive? Full of delighted anticipation? Allow these feelings to turn into prayer. Seek God's guidance. Ask him for help and understanding. Pray for hope.

Talk to Jesus like a friend. End the Examen with a conversation with Jesus. Ask forgiveness for your sins. Ask for his protection and help. Ask for his wisdom about the questions you have and the problems you face. Do all this in the spirit of gratitude. Your life is a gift, adorned with gifts from God.

(Modified from ignatianspirituality.com)

Sabbath

Theology of Rest, Freedom, and Foretaste

1. Sabbath begins in creation. Before there was Israel, the Temple, or Torah, there was Sabbath. God “finished his work... and rested” and then blessed the seventh day and made it holy (Gen 2:2-3). The first holy thing in Scripture is time—not a shrine humans build for God, but a day God sets apart for humans. Sabbath is therefore not a tribal custom but a creational gift: a weekly reminder that the world runs on God’s sufficiency, not our ceaseless effort.

Blessing: We receive time as a gift, not an enemy; we live by grace before we work by grit.

2. Sabbath forms a people liberated from Pharaoh. At Sinai, the fourth command roots Sabbath in creation (Exo 20:8-11): we mirror God’s rhythm—work that is good, rest that is holy. In Deuteronomy, the command is grounded in redemption (Deu 5:12-15): “remember that you were slaves in Egypt.” Sabbath is freedom enacted—no one may be worked to the bone again: not sons or daughters, servants or migrants, even animals and land (Exo 23:12; Lev 25).

Blessing: Rest becomes justice. Sabbath protects the small, slows exploitation, and trains our hearts to resist new Pharaohs—hurry, productivity idolatry, and consumerism.

3. Sabbath is delight, not deprivation. The prophets call Sabbath a delight (Isa 58:13-14)—a day to turn from “your own way” so that you might feast on God’s goodness. Psalm 92, labelled “A Psalm for

Sabbath

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the Sabbath,” overflows with gratitude. Sabbath is not merely “not working”; it is enjoying God, creation, and one another without squeezing the world for output.

Blessing: Joy is rehabilitated. We practice gratitude, play, singing, and generous meals as acts of faith.

4. Jesus fulfils and re-teaches the Sabbath. Jesus does not scrap the Sabbath; he clarifies its purpose. “The Sabbath was made for man, not man for the Sabbath... the Son of Man is Lord of the Sabbath” (Mark 2:27-28). He heals on the Sabbath (Luke 13:10-17; John 5), showing that the Sabbath aims at life made whole. His invitation, “Come to me... and I will give you rest” (Matt 11:28-30), flows straight into Sabbath controversies (Matt 12:1-13). In Christ, Sabbath is not a legal burden but a messianic blessing—a sign that God’s new creation has begun.

Blessing: We rest in a Person. Sabbath becomes a weekly apprenticeship to Jesus’ unhurried yoke.

5. The church lives between “already” and “not yet”. The New Testament honours the day while guarding the gospel from legalism. Paul refuses to make days a test of belonging (Rom 14:5-6; Col 2:16-17), because the substance is Christ—and yet Hebrews insists that “a Sabbath rest remains for the people of God” (Heb 4:9-11). We taste the future rest now, by ceasing and by trusting. The early church gathered on the “Lord’s Day” to celebrate resurrection (Rev 1:10), and Christians through the centuries have received a weekly rhythm of worship

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and rest as a wise, life-giving practice.

Blessing: Sabbath is eschatology in miniature—a weekly foretaste of the Kingdom that strengthens hope.

6. What Sabbath practices do in us (and through us).

- **Re-centering worship:** We interrupt the liturgies of productivity with word, table, prayer, and song. We remember Whose we are before what we do (Exo 20; Psa 92).
- **Training trust:** By ceasing, we declare, “God provides when I do not produce” (cf. manna patterns in Exo 16). Rest is faith with a timetable.
- **Rehumanizing community:** Everyone rests—household, employees, migrants, even livestock (Deu 5:14). Sabbath democratizes dignity and refreshes relationships.
- **Mercy and healing:** If Sabbath aims at restoration, then doing good on Sabbath is most fitting (Matt 12:12). Hospitality, encouragement, and reconciliation belong to the day.
- **Creation care:** The land and animals share in rest (Exo 23:12; Lev 25). Sabbath forms ecological patience; we live as stewards, not extractors.

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- **Witness:** In a culture that baptises busyness, a peaceful people is apologetics. Sabbath says, “Our God is not a taskmaster; He is a Father.”

7. Common questions, biblical guidance.

- **Isn’t Sabbath legalistic?**

Legalism weaponises gifts. Scripture answers not with abolition, but with orientation: “made for man,” “Lord of the Sabbath,” “delight.” Practice Sabbath to receive Christ, not to earn Christ (Mark 2:27; Isa 58:13-14).

- **Which day?**

The moral core is a 1-in-7 holy rhythm from creation. Many Christians keep Sunday in light of the resurrection; others choose another day due to vocation. Paul grants freedom of conscience while calling all to gratitude and honour toward the Lord (Rom 14:5-6).

- **What counts as work?**

Scripture’s centre is ceasing from toil for gain in order to turn toward worship, joy, mercy, and rest. Jesus’ healings show that love is never out of bounds. Ask: “Does this activity help me receive God’s rest and extend it to others?”

We'd love to hear about your journey this month. **Could you take a moment to share your progress?**



5+2 Aug 2026