

OCTOBER 2026

5 + 2

FIVE AND TWO
DEVOTIONAL AND SABBATH



Hello!

Everyone Takes A Step

Hey there!

Welcome to a brand-new month of the 5+2 Devotional! We're so glad you're still on this journey with us. This devotional isn't just a habit—it's a weekly invitation to draw closer to God and to grow as one church family.

What people notice in our lives—our kindness, faithfulness, and patience—flows out of the hidden places where we meet with Him. It's in those quiet, unhurried moments that His Word aligns our hearts and His Spirit renews our strength.

So this month, slow down. Make space. Let Scripture speak to you, and let the Holy Spirit stir fresh faith within you. When we offer God our simple, honest obedience, He has a way of turning the ordinary into something powerful.

We're grateful to journey alongside you. Let's keep leaning in, listening, and following the Spirit—together.



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 38.

Sabbath Twice A Month

Pause from work to rest in God. *Deepen your understanding of the sabbath on page 40.*

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.

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.

Quiet with God

God often comes in the quiet, not the noise. Silence is His invitation to stillness. Find a quiet corner. Sit still for fifteen minutes. Breathe slowly and pray, "Come, Holy Spirit." Listen for His whisper.

Feast and celebrate

Celebration is the fruit of trust. When you feast, you declare that God provides more than enough. Celebrate God's goodness with a meal, dessert, or small treat. Invite others to share in your joy. Say a prayer of thanks before you eat.

Deepen your understanding of the sabbath on page 40.



¹⁶ "I am sending you out like sheep among wolves. Therefore be as shrewd as snakes and as innocent as doves. ¹⁷ Be on your guard; you will be handed over to the local councils and be flogged in the synagogues. ¹⁸ On my account you will be brought before governors and kings as witnesses to them and to the Gentiles. ¹⁹ But when they arrest you, do not worry about what to say or how to say it. At that time you will be given what to say, ²⁰ for it will not be you speaking, but the Spirit of your Father speaking through you.

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. Before your next conversation about faith or ethics, whisper, *"Spirit, give me both courage and kindness."*

¹⁴ I have given them your word and the world has hated them, for they are not of the world any more than I am of the world. ¹⁵ My prayer is not that you take them out of the world but that you protect them from the evil one. ¹⁶ They are not of the world, even as I am not of it. ¹⁷ Sanctify them by the truth; your word is truth. ¹⁸ As you sent me into the world, I have sent them into the world.

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 walk through your neighbourhood or workplace. Pray a blessing silently over the people and places you pass.

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

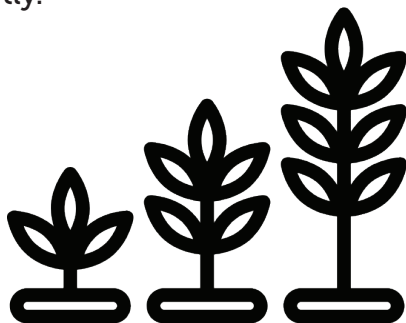
Where were you stuck, tempted, or tired?

Next Step

Name one small, specific step for the coming week.

End

Pray for each other, silently.



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

Matthew 21:12-13

¹² Jesus entered the temple courts and drove out all who were buying and selling there. He overturned the tables of the money changers and the benches of those selling doves. ¹³ "It is written," he said to them, "'My house will be called a house of prayer,' but you are making it 'a den of robbers.'"

Pray

Lord, make Your house a house of prayer again. Teach us to depend, to intercede, to listen. Let everything we do today begin and end in prayer. Amen.

Posture

Pray with your team before serving — even briefly. During worship, take one moment just to silently pray for your church.



5
Oct

Job 33:4

The Spirit of God has made me;
the breath of the Almighty gives me life.

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. Breathe slowly three times today. Each time you inhale, say, *"You give me life."* Each exhale, *"I trust You."*

6 Oct

Psalm 62:8

Trust in Him at all times, you people;
pour out your hearts to Him,
for God is our refuge.

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. Find five quiet minutes today. Write or speak to God without censoring yourself — *"Lord, here's what's really in me..."*

7
Oct

Habakkuk 2:1

I will stand at my watch
and station myself on the ramparts;
I will look to see what He will say to me.

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. Set a two-minute timer. Say, *"I'm listening, Lord."* Stay silent; no agenda, just awareness.

Zechariah 12:10

And I will pour out on the house of David and the inhabitants of Jerusalem a Spirit of grace and supplication.

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. Pause and ask, *"Spirit, who needs prayer right now?"* Pray briefly for whoever comes to mind.

²⁰ But you, dear friends, by building yourselves up in your most holy faith and praying in the Holy Spirit,
²¹ keep yourselves in God's love as you wait for the mercy of our Lord Jesus Christ to bring you to eternal life.

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. Spend five minutes today praying quietly in tongues or simple surrender. Let love, not effort, lead.

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Buddy/LifeGroup Check-In

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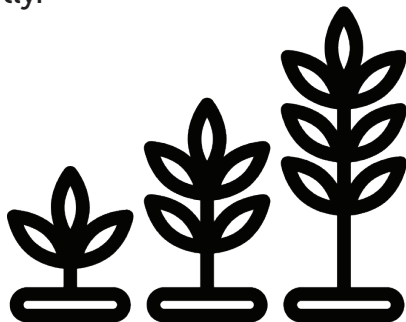
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10 Oct

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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.



11 Oct

Sunday: Arrive Ready

Colossians 3:16

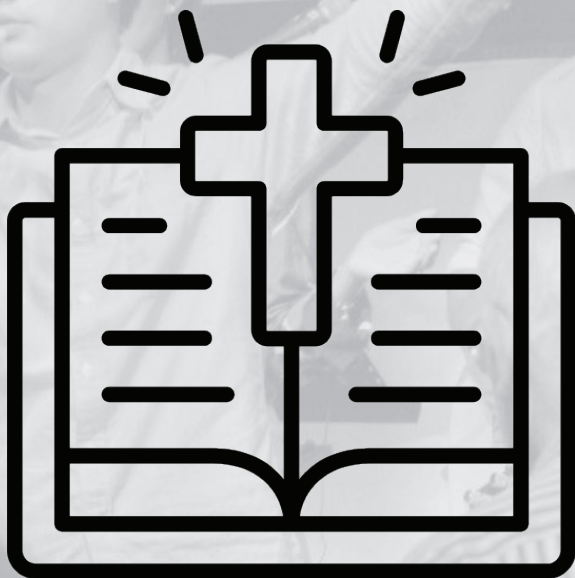
Let the message of Christ dwell among you richly as you teach and admonish one another with all wisdom through psalms, hymns, and songs from the Spirit, singing to God with gratitude in your hearts.

Pray

Lord, let Your Word dwell richly among us. Fill our worship, our songs, our serving, and our conversations with truth and grace. Amen.

Posture

Read the Scripture before the service begins. Share one verse or truth from God's Word with someone today.



12
Oct

Deuteronomy 4:36

From heaven He made you hear His voice to discipline you. On earth He showed you His great fire, and you heard His words from out of the fire.

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. Pause before you start your day. Say aloud: *"You are not silent, Lord, I am listening."*

13
Oct

Psalm 119:130

The unfolding of Your words gives light;
it gives understanding to the simple.

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. Before reading Scripture today, pray: *"Spirit, unfold Your Word and my heart."* After reading, note one line that shines with light.

14
Oct

Nehemiah 9:30

For many years You were patient with them. By Your Spirit You warned them through Your prophets. Yet they paid no attention, so You gave them into the hands of the neighbouring peoples.

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 feel that inward nudge, pause. Say: *"Spirit, I hear You. Lead me back."*

¹¹ When the king heard the words of the Book of the Law, he tore his robes. ¹² He gave these orders to Hilkiah the priest, Ahikam son of Shaphan, Akbor son of Micaiah, Shaphan the secretary and Asaiah the king's attendant: ¹³ "Go and inquire of the Lord for me and for the people and for all Judah about what is written in this book that has been found. Great is the Lord's anger that burns against us because those who have gone before us have not obeyed the words of this book; they have not acted in accordance with all that is written there concerning us."

¹⁴ Hilkiah the priest, Ahikam, Akbor, Shaphan and Asaiah went to speak to the prophet Huldah, who was the wife of Shallum son of Tikvah, the son of Harhas, keeper of the wardrobe. She lived in Jerusalem, in the New Quarter.

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 one mature believer this week: *"What do you sense God might be saying to me?"* Listen prayerfully, not defensively.

16
Oct

Isaiah 55:12

You will go out in joy and be led forth in peace; the mountains and hills will burst into song before you, and all the trees of the field will clap their hands.

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. Before a decision today, pause and ask: *"Does this path lead to peace?"* Follow the stillness, not the struggle.

Weekly Check-in

Buddy/LifeGroup Check-In

Purpose

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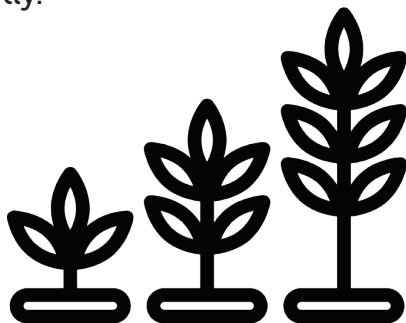
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Pray for each other, silently.



17
Oct

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.



18 Oct

Sunday: Arrive Ready

Psalm 90:12

Teach us to number our days, that we may gain a heart of wisdom.

Pray

Lord, teach us to number our days. Help us see how precious every moment with You and Your people is. Give us a heart of wisdom as we gather and serve. Amen.

Posture

Arrive remembering: This moment matters. This worship counts. Treat the gathering as sacred — not routine.



¹⁷ Whenever the cloud lifted from above the tent, the Israelites set out; wherever the cloud settled, the Israelites encamped. ¹⁸ At the Lord's command the Israelites set out, and at his command they encamped. As long as the cloud stayed over the tabernacle, they remained in camp. ¹⁹ When the cloud remained over the tabernacle a long time, the Israelites obeyed the Lord's order and did not set out.

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. Notice one area today where you feel impatient. Pray: *"When You move, I'll move; when You rest, I'll rest."*

¹⁵ He said: "Listen, King Jehoshaphat and all who live in Judah and Jerusalem! This is what the Lord says to you: 'Do not be afraid or discouraged because of this vast army. For the battle is not yours, but God's. ¹⁶ Tomorrow march down against them. They will be climbing up by the Pass of Ziz, and you will find them at the end of the gorge in the Desert of Jeruel. ¹⁷ You will not have to fight this battle. Take up your positions; stand firm and see the deliverance the Lord will give you, Judah and Jerusalem. Do not be afraid; do not be discouraged. Go out to face them tomorrow, and the Lord will be with you.'"

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 anxiety rises today, stop and breathe: *"This battle is Yours, Lord."*

¹³ Naaman's servants went to him and said, "My father, if the prophet had told you to do some great thing, would you not have done it? How much more, then, when he tells you, 'Wash and be cleansed'!" ¹⁴ So he went down and dipped himself in the Jordan seven times, as the man of God had told him, and his flesh was restored and became clean like that of a young boy.

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. Obey one *"small nudge"* today. It could be a text to send, a word to speak, a habit to change.

22
Oct

Lamentations 3:24-26

- ²⁴ I say to myself, "The Lord is my portion;
therefore I will wait for him."
²⁵ The Lord is good to those whose hope is in him,
to the one who seeks him;
²⁶ it is good to wait quietly
for the salvation of the Lord.

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. Sit in silence for five minutes today. Each minute, whisper once: *"You are my portion."*

23
Oct

Romans 15:13

May the God of hope fill you with all joy and peace as you trust in Him, so that you may overflow with hope by the power of the Holy Spirit.

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. Smile intentionally today. Let gratitude interrupt worry. Say, *"I trust You, and that's enough."*

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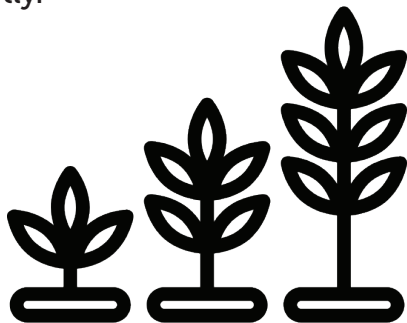
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Pray

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Ahead

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



25
Oct

Sunday: Arrive Ready

Hosea 6:1

Come, let us return to the Lord. He has torn us to pieces but he will heal us; he has injured us but he will bind up our wounds.

Pray

Lord, we return to You — not with polished strength but with honest hearts. Heal, forgive, restore, and draw us close. Amen.

Posture

Kneel (physically or in your heart) before serving or worship. Pray: "Lord, I return. Take me as I am today."



26
Oct

Proverbs 20:27

The human spirit is the lamp of the Lord
that sheds light on one's inmost being.

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, *"Holy Spirit, shine where You wish."* Note what He shows. Don't defend, just receive.

27
Oct

Zechariah 13:1

On that day a fountain will be opened to the house of David and the inhabitants of Jerusalem, to cleanse them from sin and impurity.

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 wash your hands today, whisper, *"Cleanse me, Lord."* Feel the water and remember the cross.

28
Oct

Psalm 147:3

He heals the brokenhearted
and binds up their wounds.

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. Place your hand over your heart. Say, *"Lord, heal what I cannot fix."*

29
Oct

Ezekiel 36:26-27

²⁶ I will give you a new heart and put a new spirit in you; I will remove from you your heart of stone and give you a heart of flesh. ²⁷ And I will put my Spirit in you and move you to follow my decrees and be careful to keep my laws.

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 frustration rises today, pause and touch your chest. Say, *"Spirit, make my heart tender again."*

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.

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. Put on some worship music today. Let praise rise where sadness once settled.

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

Theology of Rest, Freedom, and Foretaste

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

Theology of Rest, Freedom, and Foretaste

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.

Theology of Rest, Freedom, and Foretaste

- **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 Oct 2026