NOVEMBER 2026

5+2

FIVE AND TWO
DEVOTIONAL AND SABBATH



Hello!

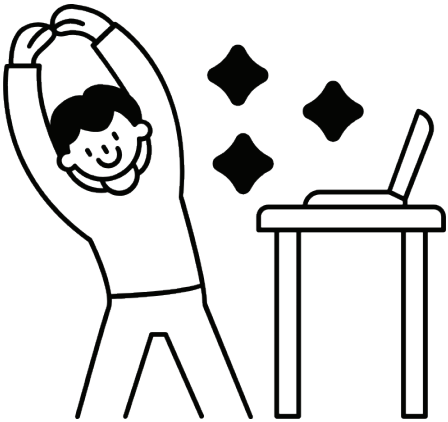
Everyone Takes A Step

Hey there!

Welcome to yet another month of the 5+2 Devotional! We're truly thankful that you're choosing to continue this spiritual journey with our church. This devotional is not meant to be just another item on your schedule; it is an opportunity to consistently draw nearer to God and allow Him to shape who we are.

What people observe in our lives, such as the way we care, serve and give, starts long before anyone sees it. It begins in the unseen moments where we meet with God, read his word and allow His Spirit to work within us. Those quiet times are where real transformation begins.

As we step into this month, we encourage you to pause each day, slow your pace, and open the Scriptures with a ready heart. God delights in taking the small offerings we bring and doing far more with them than we could ever imagine.



5+2

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.

Sabbath

NEW

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.

Read for pleasure

Enjoyment is not unspiritual. God delights when you find simple joy in what is good. Pick up a good book, a devotional, or even poetry. Read slowly, not for information but for restoration.

Simplify and let go

Sabbath is a time to loosen our grip on things. Simplicity opens space for God. Clear one small area in your home. Give away something you no longer need. As you do, whisper, "Lord, You are enough."

Deepen your understanding of the sabbath on page 40.



1 Nov

Sunday: Arrive Ready

Matthew 6:1
Be careful not to practice your righteousness in front of others to be seen by them. If you do, you will have no reward from your Father in heaven.

Pray
Lord, purify our motives. May our prayers, songs, sermons, smiles, and service be for You alone. Free us from the need to be seen — You are our reward. Amen.

Posture
Whisper before serving: *"For You, Lord, not for me."* Do one thing today that only God sees — and let that be enough.



2 Nov

Jeremiah 17:7-8

7 "But blessed is the one who trusts in the Lord,
whose confidence is in him.
8 They will be like a tree planted by the water
that sends out its roots by the stream.
It does not fear when heat comes;
its leaves are always green.
It has no worries in a year of drought
and never fails to bear fruit."s there is no law.

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 day begins, pray: *"Plant me deeper than my feelings today."*

3 Nov

Hosea 11:3-4

3 It was I who taught Ephraim to walk,
taking them by the arms;
but they did not realize
it was I who healed them.
4 I led them with cords of human kindness,
with ties of love.
To them I was like one who lifts
a little child to the cheek,
and I bent down to feed them.

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. Today, slow your response to irritation. Whisper: *"Lead with cords of kindness."*

4 Nov

Habakkuk 3:17-18

17 Though the fig tree does not bud
and there are no grapes on the vines,
though the olive crop fails
and the fields produce no food,
though there are no sheep in the pen
and no cattle in the stalls,
18 yet I will rejoice in the Lord,
I will be joyful in God my Savior.

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. List three small graces you see today. It could be something you see that brings delight, a moment of laughter, of a nice meal. Thank Him aloud.

5 Nov

Isaiah 26:3

You will keep in perfect peace
those whose minds are steadfast,
because they trust in 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 worry appears, speak to yourself. Pause and say: *"God, lend me your strength and give me your peace."*

6 Nov

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 unseen act of mercy today. No credit, just kindness.

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?

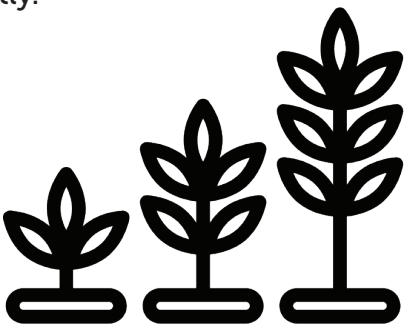
Obedience
What step did you take? What fruit did you see?

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.



7 Nov

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.



8 Nov

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.



9 Nov

Deuteronomy 8:2-3

2 Remember how the Lord your God led you all
the way in the wilderness these forty years, to
humble and test you in order to know what was
in your heart, whether or not you would keep his
commands. 3 He humbled you, causing you to
hunger and then feeding you with manna, which
neither you nor your ancestors had known, to teach
you that man does not live on bread alone but on
every word that comes from the mouth 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. Before every meal today, pause and pray, *"You are my Bread."*

10 Nov

2 Kings 6:15-17

15 When the servant of the man of God got up and
went out early the next morning, an army with
horses and chariots had surrounded the city. "Oh
no, my lord! What shall we do?" the servant asked.

16 "Don't be afraid," the prophet answered. "Those
who are with us are more than those who are with
them."

17 And Elisha prayed, "Open his eyes, Lord, so that he
may see." Then the Lord opened the servant's eyes,
and he looked and saw the hills full of horses and
chariots of fire all around Elisha.

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 worry appears today, stop and whisper: *"Open my eyes to Your nearness."*

11 Nov

2 Corinthians 12:8-10

8 Three times I pleaded with the Lord to take it away
from me. 9 But he said to me, "My grace is sufficient
for you, for my power is made perfect in weakness."
Therefore I will boast all the more gladly about
my weaknesses, so that Christ's power may rest
on me. 10 That is why, for Christ's sake, I delight in
weaknesses, in insults, in hardships, in persecutions,
in difficulties. For when I am weak, then I am strong.

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. List one weakness you hide from others. Whisper: *"Let Your power rest here."*

12 Nov

Nehemiah 1:4-6

4 When I heard these things, I sat down and wept.
For some days I mourned and fasted and prayed
before the God of heaven. 5 Then I said: "Lord, the
God of heaven, the great and awesome God, who
keeps his covenant of love with those who love
him and keep his commandments, 6 let your ear
be attentive and your eyes open to hear the prayer
your servant is praying before you day and night
for your servants, the people of Israel. I confess the
sins we Israelites, including myself and my father's
family, have committed against 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. Think of one situation that breaks your heart. Let compassion become prayer, not complaint.

13 Nov

Isaiah 30:15

This is what the Sovereign Lord, the Holy One of Israel, says:

"In repentance and rest is your salvation,
in quietness and trust is your strength,
but you would have none 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. Unplug from all noise for ten minutes today. Sit with God in silence.

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?

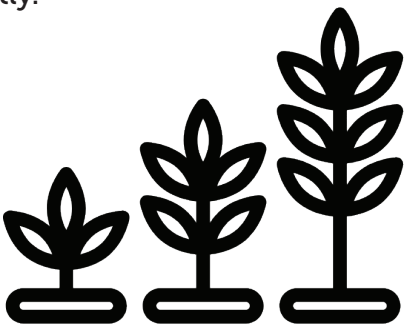
Obedience
What step did you take? What fruit did you see?

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.



14 Nov

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.



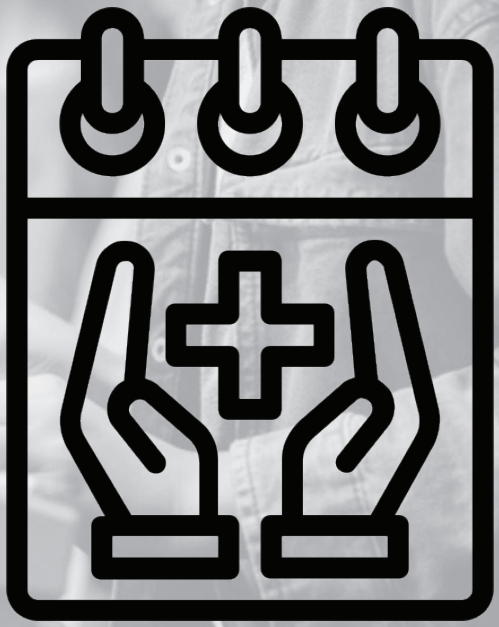
15 Nov

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.



16 Nov

Joshua 1:9

Have I not commanded you? Be strong and courageous. Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go."

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. Write down one thing you've been postponing in obedience. Pray: *"Lord, I'll start today."* Then take one small action.

17 Nov

Jeremiah 1:6-9

6 “Alas, Sovereign Lord,” I said, “I do not know how
to speak; I am too young.”

7 But the Lord said to me, “Do not say, ‘I am too
young.’ You must go to everyone I send you to and
say whatever I command you. 8 Do not be afraid
of them, for I am with you and will rescue you,”
declares the Lord.

9 Then the Lord reached out his hand and touched
my mouth and said to me, “I have put my words in
your mouth.

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. Send one encouraging message or speak a word of truth to someone who needs it.

18 Nov

Daniel 3:16-18

16 Shadrach, Meshach and Abednego replied to him,
"King Nebuchadnezzar, we do not need to defend
ourselves before you in this matter. 17 If we are
thrown into the blazing furnace, the God we serve
is able to deliver us from it, and he will deliver us
from Your Majesty's hand. 18 But even if he does not,
we want you to know, Your Majesty, that we will not
serve your gods or worship the image of gold you
have set up."

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 yourself: *"Where am I tempted to compromise?"* Pray: *"Spirit, make me faithful even if I stand alone."*

19 Nov

Genesis 50:19-21

19 But Joseph said to them, “Don’t be afraid. Am I
in the place of God? 20 You intended to harm me,
but God intended it for good to accomplish what
is now being done, the saving of many lives. 21 So
then, don’t be afraid. I will provide for you and your
children.” And he reassured them and spoke kindly
to them.

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. Think of one person you’ve struggled to forgive. Pray: *“Spirit, I release them into Your mercy.”*

20 Nov

Acts 8:29-30

29 The Spirit told Philip, "Go to that chariot and stay
near it."
30 Then Philip ran up to the chariot and heard
the man reading Isaiah the prophet. "Do you
understand what you are reading?" Philip asked.

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 the Spirit to highlight one person today you can approach, help, or pray for. Then do it.

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?

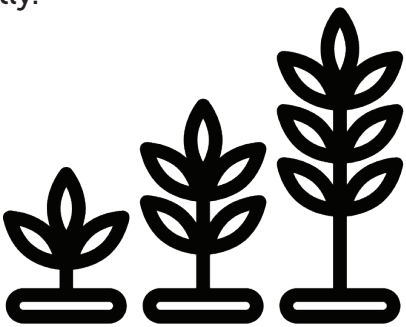
Obedience
What step did you take? What fruit did you see?

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.



21 Nov

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.



22 Nov

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
God, quiet our hearts. In our preparation and planning, let us not forget You. Teach us to be still before we serve, to rest before we lead, and to worship before we work. Amen.

Posture
Take 2-3 minutes of silence before entering church or beginning to serve. If you feel rushed, pause and whisper: *"You are God, and I am Yours."*



23 Nov

Nehemiah 9:20

You gave Your good Spirit to instruct them. You did not withhold Your manna from their mouths, and You gave them water for their thirst.

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, *"Holy Spirit, be my Teacher."* Pause after reading and note one thought that feels like fresh water.

24 Nov

Luke 24:32

They asked each other, "Were not our hearts burning within us while He talked with us on the road and opened the Scriptures to us?"

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. Re-read passages from Luke 24. Notice which words spark joy, curiosity, or conviction. Thank the Spirit for speaking through them.

25 Nov

Psalm 19:7-8

7 The law of the Lord is perfect,
refreshing the soul.
The statutes of the Lord are trustworthy,
making wise the simple.
8 The precepts of the Lord are right,
giving joy to the heart.
The commands of the Lord are radiant,
giving light to the eyes.

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. Choose one verse to memorise or repeat today. Let it guide one decision or response.

26 Nov

Psalm 119:105

Your word is a lamp for my feet,
a light on my path.

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 making any decision today, pause and ask, *"What does the Word say about this?"* Even a single verse can clarify your path.

27 Nov

Psalm 119:28

My soul is weary with sorrow;
strengthen me according to Your word.

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. Read one Psalm aloud today. You could read Psalms 23, Psalms 91 or Psalms 131. Underline one phrase that comforts or lifts you. Carry it with you as strength for the day.

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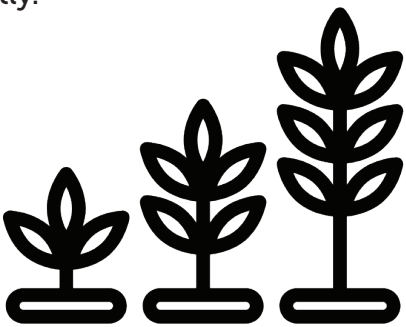
Obedience
What step did you take? What fruit did you see?

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.



28 Nov

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.



29 Nov

Sunday: Arrive Ready

John 4:23-24

23 "Yet a time is coming and has now come when
the true worshipers will worship the Father in
the Spirit and in truth, for they are the kind of
worshipers the Father seeks. 24 God is spirit, and his
worshipers must worship in the Spirit and in truth."

Pray

Father, make us true worshipers. Strip away performance and pretence. Fill us with Your Spirit and anchor us in truth. We want to worship You as You desire. Amen.

Posture

Before worship or serving, pray: *"Holy Spirit, lead me."* Be honest with God — bring your true heart, not just your best behaviour.



30 Nov

Habakkuk 2:2-3

2 Then the Lord replied:
"Write down the revelation
and make it plain on tablets
so that a herald may run with it.

3 For the revelation awaits an appointed time;
it speaks of the end
and will not prove false.
Though it linger, wait for it;
it will certainly come
and will not delay.

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. Write down one prayer or promise you're still waiting for. Next to it, write: *"It will come at the right time."*

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.

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)

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

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 restremains 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

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 Nov 2026

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