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SABBATH  
JOURNAL



*What Your Soul  
Wants to Say  
to God*



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## Welcome!

Every spiritual practice corresponds to some deep desire of the human heart, and sabbath-keeping is no exception. God's gift of the sabbath corresponds to our desire for rest . . . replenishment . . . freedom . . . delight . . . a way of life that works. The commitment to embrace a sabbath practice (rather than just reading and dreaming about it) emerges from a deep connection with our own souls and the desires that stir there.

Authentic desire is the only motivation powerful enough to help us establish and maintain this countercultural rhythm. This journal is meant to be a place where you can interact honestly and freely with God about your longing for a way of life that works: one that is grounded in life-giving rhythms of work and rest. It will keep bringing you back to your desire so that desire can deepen into intent, until eventually you are ordering your life in new ways.

With quotations drawn from *Embracing Rhythms of Work and Rest*, this journal provides space for you to respond to the reflection questions found in the







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