



Ritual Action

Week 5

The seasons of our lives can often mirror the seasons of creation. What season of life do you think you might be in at this moment?

Spring – in a season of renewal and energy, with new projects or new ideas bubbling up

Summer – in a time of productivity, where things are moving along at an even pace

Fall – a time of harvest which can be both rewarding and overwhelming; a time when projects or tasks are being completed

Winter – a moment of accomplishment and rest, or a time between tasks and projects; a time to evaluate or simply be present.

For the Beauty of the Earth

*"For the beauty of the earth, for the glory of the skies,
for the love which from our birth over and around us lies."*

- ⑤ The seasons of creation give us permission to experience our own seasons in life.
- ⑤ Sabbath — stopping to pay attention — lets us see the beauty God has placed all around us.
- ⑤ Beauty in creation is a manifestation of God's love for each of us.
- ⑤ Time out from work and errands creates space where we can listen for God's voice.

Week 5 - Spiritual Formation - Nature, Body & Rest

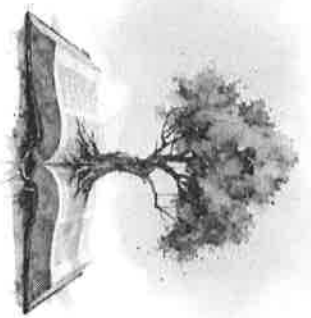
SABBATH THROUGH THE SENSES

A Miniature Sabbath

SEE	HEAR	SMELL	TOUCH	TASTE
The brilliant sunset, the veins of a leaf, the shape of a snowflake	Thunder rolling across the sky, birdsong at dawn, rain on the window	Rain on the sidewalk, bread from the oven, the chill of first snow	The softness of a pet's fur, smooth stones, the warmth of sunlight	The tingle of seltzer, Thanksgiving dinner, a ripe summer peach

Each sensation is a gateway — connecting us to the Creator who made it.

No matter what season we are in, we have the opportunity to experience Sabbath through our senses exploration of the glory of creation. This week, choose one (or more!) of your five senses to sit and ponder the wonder of creation. If so are inclined, share your experience through writing or painting or drawing or poetry or music or photography.



JOURNAL

Week 5

Nature, Sabbath, and Rest

Theme

Experiencing Sabbath

Scripture

Exodus 31:12-17

Guiding Questions

- Who do you know who is good at Sabbath rest?
- Are there any people whose Sabbath rest you admire, or whose Sabbath rest doesn't seem very "restful" to you?
- Is Sabbath rest something that comes easily for you, or do you find it difficult to rest, settle, and focus on God?

Going Deeper

Take a few minutes to sketch out what a perfect Sabbath rest day would look like to you. Where would you go (or not go)? Who would be with you, or would you be alone? What activities would you do or refrain from doing? How do you imagine you would feel at the end of the day? Would you feel like you had spent more time with God or like you had wasted a day by being unproductive?

