

EMBRACING GOD'S DESIGN FOR RENEWAL

# The Rest & Sabbath Guide



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# Hey Sis!

God designed rest as a gift, not just a suggestion. The Sabbath is a sacred rhythm of work and rest, reminding us to trust in Him.

Sabbath rest is not optional in living life by the Spirit – it’s a regular rhythm in our week as commanded by God. Let’s just be real...that means it’s actually a sin to not take a Sabbath rest as God commanded and designed us to do.

We pray this guide will help you embrace the rhythm of rest in your week and choose to honor God in your Sabbath, reminding yourself that you aren’t the one who makes the world go round. It is the Lord and it is in Him, not our own striving, we have all our needs met.

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# Assessing Your Rest Habits

- How do I currently view rest? Is it a priority or an afterthought?
- Do I feel guilty when I take time to slow down? Why?
- What is one way I can embrace God's design for rest more intentionally?
- How does my busyness affect my relationship with God and others?

Take a moment to assess your weekly schedule. Where can you carve out intentional rest time?



# Sabbath Planning Guide

## 01 SET ASIDE A DAY

Choose a time to rest, whether it's a full day or a portion of one.

## 02 PREPARE IN ADVANCE

Finish necessary tasks ahead of time so you can truly unplug.

## 03 DISCONNECT FROM WORK & DISTRACTIONS

Limit technology, and step away from productivity.

## 04 ENGAGE IN LIFE-GIVING ACTIVITIES

Spend time in worship, prayer, nature, or with loved ones.

## 05 REFLECT & REJOICE

Use the time to reflect on God's goodness and delight in His presence.



## CHECKLIST

- Have I picked a time for my Sabbath this week?
- Have I prepared in advance to make my Sabbath restful?
- What life-giving activities will I include?



# Practical Ways to Rest Well

True rest isn't just about stopping work; it's about renewal. Consider these ways to find restoration:

- ✓ **Physical Rest** - Take a nap, enjoy a walk, or practice deep breathing.
- ✓ **Mental Rest** - Step away from screens, read scripture, or journal.
- ✓ **Spiritual Rest** - Worship, pray, and meditate on God's promises.
- ✓ **Relational Rest** - Spend time with family, friends, or in solitude with the Lord.

## SABBATH PRAYER

Lord, thank You for the gift of rest. Teach me to embrace Sabbath as a time to reconnect with You, renew my spirit, and trust in Your provision. Help me to let go of striving and surrender to Your peace. May my rest be worship unto You, a reminder that my worth is not in my work but in being Your beloved. In Jesus' name, amen.

*Take a few moments to write a prayer to God about your need for rest and how you want to trust Him with your Sabbath...*

*We hope this guide encourages you to embrace the rest God has designed for you. Share your Sabbath journey with us on any of our social media pages or our website: [www.prettyandwise.com](http://www.prettyandwise.com)*