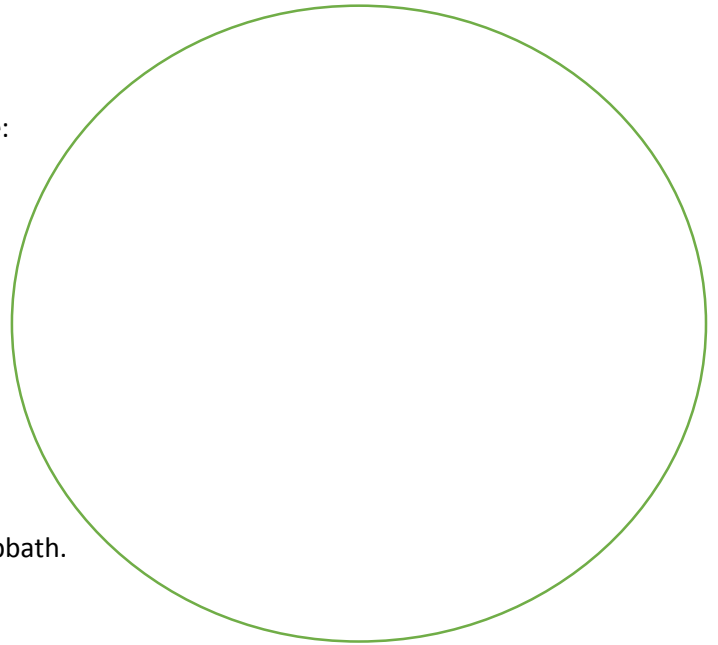


The Sermon on the Mount, Week 4

Anxiety, worry, and Sabbath

“Jesus said, “Therefore, do not be anxious about your life, what you will eat or what you will drink or what you will wear. Is not life more than food, and the body more than clothing? Look at the birds of the air, they neither sow nor reap nor gather into barns, and yet your heavenly Father feeds them. Are you not of more value than they? ...Therefore, do not be anxious about tomorrow, for tomorrow will be anxious for itself. Let the day’s own trouble be sufficient for the day.” - Matthew 6:25-26, 34

How do you spend your time each week? Use this circle to draw a pie chart of your time/schedule:



This week’s Lenten practice: Adopt a practice of Sabbath.

For one day this week:

- Do not do any work (however you define work)
- Tasks that you must do (eating/preparing meals/shopping/laundry), find a way to do these things with intentionality.
- Do something that you love to do, something that brings you delight and joy. Write that activity here: _____
- Rest! Sleep in, or take a nap, or go to bed early. Don’t do too much. Try to be quiet.
- Pray a prayer of thanksgiving at the close of the day.

Reflection:

- What was this practice like? Was it difficult or easy? How hard was it to find the time for Sabbath?
- Where did you experience God in Sabbath? What was the most meaningful part of this practice for you?

For further reading:

- [The Sabbath](#), by Abraham Heschel
- [Living the Sabbath](#), by Norman Wirzba