

Option One- Silence and Solitude

The goal of solitude is not just to be alone, but to be on your own away from distractions and with God. This time will be focused on seeking to listen to God.

- Find a place to be on your own.
- Grab a Bible, a journal, and a writing utensil.
- Sit or kneel to put yourself into a posture that tells yourself that God is King of Kings.
- Start with a few deep breathes and close your eyes. Ask God to be with you and give you wisdom and strength. Ask him to lead you in this time, rather than the world leading you.
- Open your Bible and read some of these passages. Between each passage, take time to wait and listen to God. If needed, read over the passage multiple times, seeing what words jump out at you. Take this time to reflect on the passages.
 - Matthew 11:28-30
 - Mark 6:30-32
 - Zephaniah 1:7
 - Exodus 31:12-17
 - Exodus 23:10-13
 - Psalm 23
- After going through a few of these passages, take some time to look around you and look for God's wonder in creation. Write down how you see God in his creation. God saw his creation and took the time to rest so that he could appreciate it.
- Write down any observations or ideas that came from your time with God.
- Finish by praying that God would allow this time alone to restore and refresh you, reminding you of his glory.

Option Two- Worship

The goal of worship is to praise and honor God through your words, actions, and thoughts. Use this time to seek God in through worship. Worship is an important way of seeking God, which is why we have the book of Psalms.

- Find a place where you will not be distracted. This can be by yourself or with others who are willing to worship God in this time. If someone is there and does not plan to worship God, ask them kindly to let you take this time of rest.
- Grab your Bible, your journal, and a writing utensil.
- Stand or sit together in a circle. Start with prayer that God would focus your heart on him in this time.
- You have two options. Choose either one or both to do.
- First...
 - You can take time to read/sing Psalms together. Here are a couple to start with:
 - Psalm 145
 - Psalm 8
 - Psalm 65
 - Psalm 98
- Second...
 - You can take time to write down praises of God in poetry.
 - If you need help, think of words or images you relate to God. Use those as inspiration.
 - Try to look for how God is present in your life currently.
 - How has he blessed you?
 - How has he shown his glory?
 - How have you been focusing on him?

Option 3- Soularium Cards

Resting in God can involve looking at your own life and God's place in it. Because images connect deeply with our emotions and experiences, they enable us to engage in meaningful conversations about life & God. Soularium provides 50 original photographic images and 5 simple questions – allowing you to enter and explore the lives of people around you.

- If doing this activity on your own, a digital version of the cards can be found on the Apple app store or the Google Play store. Just search 'Soularium'
- This activity can be done alone as a personal reflection, or it can be done as a group. If someone is there and does not plan to worship God, ask them kindly to let you take this time of rest and reflection.
- Grab your Bible, journal, and a writing utensil.
- Answer the following five questions using the pictures on display. Try not to use the same photos for multiple questions and use a unique image from your group for each question.
 1. Which 3 images would you choose to describe your life right now?
 - a. What do each of the images represent about your life?
 2. What 3 images represent what you wish was part of your life right now?
 - a. Why? What desire does each image represent?
 3. Which image would you use to represent God?
 - a. Why? What does it say about God to you?
 4. Think about your life so far. Which image best describes what you've experienced spiritually?
 - a. Why? What does that image represent?
 5. When you think about your spiritual life or journey, which image best represents what you wish was true?
 - a. Why? What does that image represent?

Option 4- Lectio Divina

This is a prayer and Scripture reading exercise that encourages deeper meditation on the Bible and listening to what God has to say through a specific passage. *Lectio Divina* is Latin for 'divine reading' as it is focused on what is found in the Bible and God's divinity shown through the Bible. This activity takes about 30 minutes, so plan accordingly.

- Grab your Bible, a journal, and writing utensil.
- Choose a passage, it can be any passage, but here are some suggestions:
 - Matthew 3
 - Psalm 101
 - James 3:13-18
 - 1 Peter 3:8-22
- Start by praying for God to open your heart to him, asking him to lead you through this time.
- Now follow these four steps:
 - **Lectio (Read):** Read through the passage, taking note of any words, images, or phrases that jump out at you. Don't try to force things but take time for God to lead you through the passage and to significant words or phrases.
 - **Meditatio (Reflect):** Read through the passage for a second time. Focus further on the points that jumped out during the first reading and reflect on those. Do not try to analyze them, but instead listen to what God is trying to say.
 - **Oratio (Reading):** Read the passage a third time, possibly out loud. Respond to the text and to God. Ask God to show you what He wants you to take from it. This could lead you to offer thanks, ask forgiveness, or simply talk with God about what the passage brought to your heart.
 - **Contemplatio (Rest):** Spend time in silent contemplation, resting in God's presence. It can be easy for the mind to wander in this time, so focus on listening and resting in God. I suggest taking at least ten minutes for this part, remembering that the goal of Sabbath is to slow down and appreciate God.