



The Rest of God Sermon Series

Daily Practices for October 12-16

Day 3: Wander and Wonder

Today's Sabbath practice is about seizing the opportunity to enjoy the beautiful weather – by taking a 5-minute walk. The heart of this is to wonder and to wander. Most often we walk with a destination in mind. In this case, walk to seek out beauty in the changing season around us. Walk to seek out what God is doing in the world around you. Look for the details in creation that remind you of God as an artist. Perhaps you pick something up along the way, or you may find a bench to pause & enjoy the colors of sunset. It may bring scripture to mind, or it may bring up memories of biology class. Enjoy talking with God as you marvel at your discoveries, and meander along.

Congrats, you just practiced a bit of Sabbath by slowing down to rest and restore while walking outdoors!