

Tool #1 – Intentional Withdraw

Because we are not under Old Testament law, this practice, “Honor the Sabbath Day and keep it holy,” has often been thrown by the wayside.

Taking intentional time to withdraw, rest and the practice of a Sabbath is needed in 2020 more than ever.

Sabbath is not a time of fasting and denial. It is a purposeful time to step back with EYES UP to see what is good: creation, family, food, rest, fun and to be thankful.

Withdraw is a time to let go of the day to day concerns, giving your worry a break, realizing there is nothing you can do about _____, and purposefully give it into God’s hands. Rest in Him and trust Him by letting go. It is a time to stop working, stop making or spending money, stop rushing, and take a break from the daily grind and place your EYES UP and your ANCHORS DOWN.

Your Intentional Withdraw might be one hour or a whole day, but it is a time of rest. Life can get crazy and overwhelming, so to keep our EYES UP and our ANCHORS DOWN we may need to be intentional about getting away for a purposeful time of seeking God. This helps us unplug from our daily distractions and quiet ourselves to hear from God.

- A prayer day is a time away, usually in nature where your purpose is to worship, read scripture, pray, journal and listen. When we are full of the daily distractions, it is difficult to hear God’s desires for us.
- Bring our future plans to Him, so we allow Him to speak truth, guidance and help.

It is to each person’s benefit to take a day, an afternoon or even a couple of hours to intentionally withdraw to keep our EYES UP and our ANCHORS DOWN.

Practices include:

A day to delight in God

- Spending time in nature delighting in what God has made
- Take a walk

A day focused on seeking God’s direction

- Pray (Praise, Confession, Thanksgiving, Requests)
- Read God’s Word
- Journal
- Worship
- Fast (go without food) to let go of the physical to be more aware of the spiritual

A day of relaxing self-care

- Read books to encourage an area of spiritual growth
- Sleep
- Cook and eat good food
- Do a Bible study

- Listen to podcasts which inspire

A day of resting from the day to day hurriedness reconnect with God and others

- Delight in your spouse and family
- Pray and read God's Word together
- Play
- Create
- Play games with your family
- Put a puzzle together
- Write letters of encouragement
- Fishing
- Call distance friends/family
- Take a drive
- Hike
- Bicycle
- Picnic
- Sit by your firepit
- Lay or rest in a hammock.
- Sing
- Sit in front of your fireplace
- Relax on the porch

A great way to end your intentional withdraw is to take time to share with others your thoughts of the day and delighting in God's rest.