

Isaiah 61:1-4 NIV

*“The Spirit of the Sovereign Lord is on me,
because the Lord has anointed me
to proclaim good news to the poor.
He has sent me to bind up the brokenhearted,
to proclaim freedom for the captives
and release from darkness for the prisoners,
to proclaim the year of the Lord’s favor
and the day of vengeance of our God,
to comfort all who mourn,
and provide for those who grieve in Zion—
to bestow on them a crown of beauty
instead of ashes,
the oil of joy
instead of mourning,
and a garment of praise
instead of a spirit of despair.
They will be called oaks of righteousness,
a planting of the Lord
for the display of his splendor.
They will **rebuild** the ancient ruins
and **restore** the places long devastated;
they will **renew** the ruined cities
that have been devastated for generations.”*

Genesis. 2:1-3

*“Thus the heavens and the earth were completed in all their vast array.
By the seventh day God had finished the work he had been doing; so on
the seventh day he rested from all his work. Then God blessed the seventh
day and made it holy, because on it he rested from all the work of creating
that he had done.”*

Psalm 46:10

“Be still and know that I am God.”

Be still and know that I am.

Be still and know that I.

Be still and know that.

Be still and know.

Be still and.

Be still.

Be.

**What is it that needs rebuilding, restoring, renewing or remembering
in your life?**

What is your next step of obedience to the Lord?

Helpful resources: Subversive Sabbath, A.J. Swoboda; 24/6 Matthew Sleeth, MD; Sabbath, Wayne Muller; The Sabbath, Abraham Joshua Heschel