

**Lesson 7**  
**Suggestions for your Sabbath Journey****REFLECTION GUIDE****Welcome**

As you watch the lesson, take notes on key themes, ideas, and questions that stand out to you. Pause the video when needed to reflect, jot down insights, or revisit an important section. Stay attentive to how the content connects with both your personal faith journey and issues that matter to your community.

**Questions**

- In an effort to start small, what is one thing you would want to cease from as part of your sabbath practice?
- What is an example of a ritual that you might incorporate into your sabbath practice? How would it help you shift into a sabbath mindset?
- Describe the fixed time that you want to set aside for sabbath during this season. What changes would you have to make to your life and work patterns in order preserve this time for rest?
- What is one thing in your life that would be richer and more meaningful if you did it less efficiently?
- How might de-centering technology during the sabbath positively affect you?
- What are the one or two things learned from this course as a whole that you have impacted you the most?