

Guide and Practices

CSM Sabbath 2026

Monday, July 20th

Scripture Reading: Genesis 2:1-3

Journal Prompt: Why do you think God chose to rest? What does your schedule say you believe is most important?

Daily Practice: Take a prayer walk individually or as a family. Walk around your neighborhood, a park or a trail while thanking God for His creation and praying for your community.

Tuesday, July 21st

Scripture Reading: Exodus 20:8-11

Journal Prompt: What keeps you from resting? What are you afraid might happen if you stopped working or striving?

Daily Practice: Share a meal as a family with no screens. Eat together slowly. Ask questions such as: Where did you see God this week? What are you thankful for? How can we pray for each other?

Wednesday, July 22nd

Scripture Reading: Psalm 23

Journal Prompt: Which verse speaks to you most today? Where do you need God to lead you beside “still waters”? What burdens can you leave with your Shepherd?

Daily Practice: Delight in creation. Watch a sunrise or sunset, go fishing, plant some plants or simply sit together outside.

Thursday, July 23rd

Scripture Reading: Psalm 46:10

Journal Prompt: What thoughts or distractions make it hard to be still? How have you experienced God's presence in quiet moments? What would trusting God more look like?

Daily Practice: Practice silence for 10-15 minutes with no phones, music, or conversation. Simply sit with God and listen.

Friday, July 24th

Scripture Reading: Isaiah 30:15

Journal Prompt: where are you relying on your own strength? How could slowing down help you hear God more clearly? What area of your life needs surrender?

Daily Practice: Unplug for 24 hours, no phones, social media or television. Play a board game, cards, or puzzle as a family.

Saturday, July 25th

Scripture Reading: Isaiah 40:28-31

Journal Prompt: What has left you spiritually or emotionally tired? How have you been trying to "renew" yourself apart from God? What does waiting on the Lord look like for you?

Daily Practice: Take time to worship through music, listen to worship music or sing some songs as a family. What lyrics stood out? What did it teach you about God?

Sunday, July 26th

Scripture Reading: Jeremiah 6:16

Journal Prompt: What voices compete for your attention? What habits help you stay close to Jesus? Where is God inviting you back to His path?

Daily Practice: Practice hospitality. Invite a neighbor over for dinner or dessert.

Monday, July 27th

Scripture Reading: Matthew 11:28-30

Journal Prompt: What feels heavy in your life right now? What do you think it means to take Jesus' yoke? What burden do you need to hand to Him today?

Daily Practice: Bless one another. Parents pray a blessing for you children and children pray a blessing for your parents.

Tuesday, July 28th

Scripture Reading: Mark 6:30-32

Journal Prompt: When was the last time you intentionally rested with Jesus? Why do you think Jesus called His disciples away? How can you make space for Him?

Daily Practice: Create something. Draw, paint, bake, cook, build with LEGO as a family.

Wednesday, July 29th

Scripture Reading: Luke 10:38-42

Journal Prompt: Are you more like Mary or Martha right now? What distracts you from simply being with Jesus? How can you choose "the better portion"?

Daily Practice: Celebrate God's goodness. Spend time reflecting on one of your favorite family memories together.

Thursday, July 30th

Scripture Reading: John 15:1-11

Journal Prompt: What does abiding practically look like in your life? What things keep you disconnected from Jesus? How have you seen fruit when you've stayed close to Him?

Daily Practice: Read scripture together as a family. Read a passage such as Psalm 23, Matthew 11:28-30 or John 15:1-11. Read it three or four times, slowly and then share with each other what God highlights to you.

Friday, July 31st

Scripture Reading: Philippians 4:4-9

Journal Prompt: What worries have been occupying your mind? How can prayer replace anxiety today? What things help you think about what is true and good?

Daily Practice: Practice generosity. Write an encouraging note, deliver cookies to a neighbor, pay for someone's coffee or meal, donate old clothes or household items.

Saturday, August 1st

Scripture Reading: Hebrews 4:9-16

Journal Prompt: What do you think God's rest means? How does Jesus make it possible for you to approach God confidently? Where do you need grace today?

Daily Practice: Practice remembering. Make a timeline and write down moments when you remember God answering a prayer. Share with your family moments that stood out.

Sunday, August 2nd

Scripture Reading: John 7:37-39

Journal Prompt: Where do you feel spiritually thirsty? What would it look like to drink deeply from Christ?

Daily Practice: Reflect on your season of sabbath rest. Where did you see God, what was most challenging, what did you learn, and where do you need God's grace?