

August Breather Month

Taking the month of August as Sabbath Rest.

"Breather month" is an invitation to spend more intentional time each day in silence, solitude and rest with God, to focus on "being" with Him rather than "doing." Our leadership team is committed to practicing extra times of sabbath during the month of August.

Yearly, we extend an invitation to all our Lifesprings prayer partners, stewards, friends, etc. to join us August 1st through 31st in practicing a month of rest as God might lead.

This will look different for each one of us, and yet similarly we all hope to experience renewing refreshment in Christ.

As you look at your very full schedule/events/work calendar for August, some of you might wonder how a month-long Sabbath is even possible!

There is no formula or set of rules for "breather" month — just take time to "be" with God.



"Are you tired? Worn out? Burned out on religion? Come to me. Get away with me and you'll recover your life. I'll show you how to take a real rest. Walk with me and work with me—watch how I do it. Learn the unforced rhythms of grace. I won't lay anything heavy or ill-fitting on you. Keep company with me and you'll learn to live freely and lightly."
Matthew 11:28-30 (The Message)

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Preparing

Ask God for creative ways to reschedule, postpone, or rearrange the month to give yourself extra rest time with Him. We think He'd be delighted to show you how.

During this time, you may want to keep a special journal or practice daily examen. You may want to spend some additional time in prayer and worship, try some new spiritual disciplines, and/or simply take some extended time soaking in God's Word.

Here are some suggestions to help you draw closer to God during breather month:

- Set aside 5, 10 minutes a day (building up to 20 minutes) for silent contemplative prayer.
- Read and reflect with the Tuesday Together Sabbath devotionals.
- Practice an examen at noon and bedtime each day (reviewing your day with the Holy Spirit and responding to what He reveals).
- Prayerfully review your Rule/rhythm of Life with Jesus (your spiritual, physical, emotional, mental practices, how you use your time, treasure, talents, gifts for God). If you don't have a Rule of Life, August might be a great time to compose one.
- Read a favorite passage of scripture several times throughout the 31 days aloud, silently, prayerfully or Lectio Divina style. Some passages to consider: Psalm 23, 91, Mark 6:31, 32, Mark 2:27, Isaiah 26:3...
- Create a mission statement and reviewing it daily.
- Set aside time for Listening prayer and journaling.
- Spend extended, intentional time in nature with God.
- Make a point of enjoying as many sunrises/sunsets as you can this month.
- Take a technology fast of some kind and substitute with a spiritual discipline, a book, or time of creativity.
- Take some naps, prayer walk/runs, learn a new exercise that makes you feel more connected to your body and spirit.
- Visit a retreat center.
- Be silent for an hour, half a day, or entire day.

**We pray breathing a month of refreshing Sabbath air
will be a time of life giving and soul strengthening for you.**

