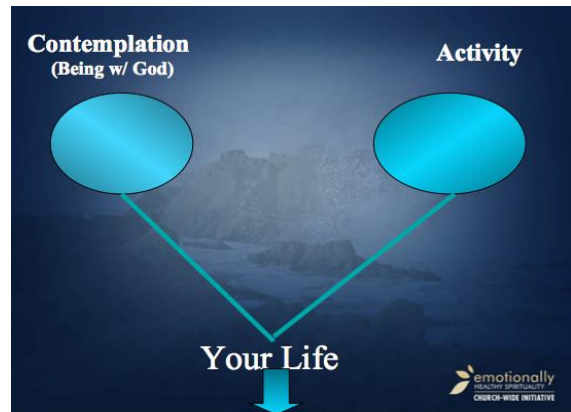
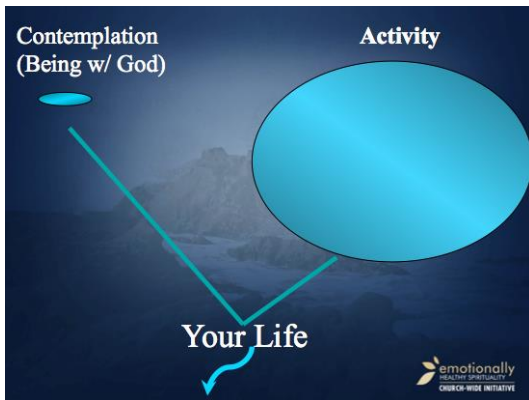




BEGIN THE JOURNEY INTO
EMOTIONALLY HEALTHY SPIRITUALITY
Part 6: Discover the Rhythm of the Daily Office & Sabbath
Daniel 6; Exodus 20



1. The Daily Office

- Fixed Hour Prayer
- OFFICES (opus) = work of God
- My work in life first is to seek God. Psalm 27:4

“Seven times a day I praise you.” Psalm 119:164

It is good to praise the Lord...
To proclaim your love in the morning,
And your faithfulness at night. Psalm 92:1a-2

Evening, morning and noon
I cry out to you in distress
And he hears my voice. Psalm 55:17

2. Sabbath Keeping

- To stop for a 24 hour period each week.

Qualities of a Biblical Sabbath:

- Stopping
- Resting
- Delighting
- Contemplating

Ten Commandments **Exodus 20:1-17**

1. You shall have no other gods before me.
2. You shall not make for yourself an idol.
3. You shall not misuse the name of the Lord your God.
4. Remember the Sabbath day by keeping it holy. Six days you shall labor and do all your work, but the seventh day is a Sabbath to the Lord our God. On it you shall not do any work... For in six days the Lord made the heavens and the earth, the sea and all that is in them, but he rested on the seventh day. Therefore the Lord blessed the Sabbath day and made it holy.
5. Honor your father and your mother.
6. You shall not murder.
7. You shall not commit adultery.
8. You shall not steal.
9. You shall not give false witness.
10. You shall not covet.

The Ancient Practice of Silence/Solitude: Guidelines

1. Be Attentive and Open.
2. Get Comfortable. Be Relaxed. Be Still.
3. Take A Deep Breath.
4. Close or Lower Your Eyes towards the Ground.

I wait for the Lord, my soul waits, and in His word I put my hope.
Psalm 130:5