

# GO AND...

At the start of the new year, we are pushed to get organized, exercise more, and make New Year's resolutions. How do we take rest among all this? What does it mean to be like Jesus? It means taking time to pause, rest, and embrace the day. That might mean taking a nap, getting together with old friends, reading a good book, or enjoying the arts as we recognize God makes all things new.

## Questions to Consider:

- What brings you rest?
- What does Sabbath mean for you? What does it look like in your life?
- Let GO, what are you going to give up this year so that you can rest?

**Prayer:** O God, you have called your servants to ventures of which we cannot see the ending, by paths as yet untrodden, through perils and joys unknown. Give us faith to go out with good courage, not knowing where we go, but only that your hand is leading us and your love supporting us; through Jesus Christ our Lord. Amen.

**Suggested Song:** In the Lord, I'll be Ever Thankful (Taize hymn)

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# REST

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