

# Prayer Guide for Shawn's Sabbatical

Sabbatical is an extended time of spiritual rest, reflection, and renewal. As Shawn takes his sabbatical this summer, we want to come alongside of him and his family in prayer. Divided into four stages – Release, Refresh, Renew, and Reengage – each week of this prayer guide focuses on a specific theme with a corresponding scripture. Please spend a moment each week praying the theme and Scripture over Shawn and his family.

## Stage 1: Release (Weeks 1-3)

### Week 1: Rest in His Presence (May 12<sup>th</sup>-18<sup>th</sup>)

Theme: Finding peace and solace in God's presence.

Scripture: Psalm 46:10, "Be still, and know that I am God; I will be exalted among the nations, I will be exalted in the earth."

### Week 2: Letting Go of Burdens (May 19<sup>th</sup>-25<sup>th</sup>)

Theme: Surrendering worries and burdens to God

Scripture: Matthew 11:28-30, "Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light."

### Week 3: Gratitude and Reflection (May 26<sup>th</sup>-June 1<sup>st</sup>)

Theme: Cultivating gratitude and reflecting on God's blessings.

Scripture: Psalm 100:4, "Enter his gates with thanksgiving and his courts with praise; give thanks to him and praise his name."

## Stage 2: Refresh (Weeks 4-6)

### Week 4: Spiritual Nourishment (June 2<sup>nd</sup>-8<sup>th</sup>)

Theme: Feeding your spirit with God's Word.

Scripture: Psalm 119:105, "Your Word is a lamp for my feet, a light on my path."

*Special prayer focus for the week:* Shawn and his family took off on May 30<sup>th</sup> for an extended vacation to an area they have always wanted to travel. Please pray for their time away as a family and for them to make memories that will last a lifetime.

### Week 5: Reconnecting with Creation (June 9<sup>th</sup>-15<sup>th</sup>)

Theme: Finding God's goodness in nature.

**Scripture:** Psalm 19:1, “The heavens declare the glory of God; the skies proclaim the work of his hands.

*Special prayer focus for this week:* Shawn and his family will be wrapping up an extended vacation together and will have a lot of time to get out and experience God’s goodness in one of the most beautiful places He created. Please say an extra prayer for them as they make some final memories together on their vacation and return home.

### **Week 6: Restoring Joy (June 16<sup>th</sup>-22<sup>nd</sup>)**

**Theme:** Rediscovering joy in God’s presence.

**Scripture:** Psalm 16:11, “You make known to me the path of life; you will fill me with joy in your presence, with eternal pleasures at your right hand.”

## **Stage 3: Renew (Weeks 7-9)**

### **Week 7: Seeking Spiritual Renewal (June 23<sup>rd</sup>-29<sup>th</sup>)**

**Theme:** Seeking renewal and transformation in God.

**Scripture:** Romans 12:2, “Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God’s will is – his good, pleasing, and perfect will.”

### **Week 8: Cultivating Inner Strength (June 30<sup>th</sup>-July 6<sup>th</sup>)**

**Theme:** Drawing strength from God in times of weakness.

**Scripture:** Isaiah 40:31, “But those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint.”

*Special prayer focus for this week:* Shawn and his family will be traveling for a family reunion with Amber’s family. Please pray for a great trip and time catching up with family they don’t get to see very often.

### **Week 9: Embracing Spiritual Growth (July 7<sup>th</sup>-13<sup>th</sup>)**

**Theme:** Embracing growth and maturity in faith for the long haul.

**Scripture:** 2 Corinthians 4:16, “Therefore, we do not lose heart. Though outwardly we are wasting away, yet inwardly we are being renewed day by day.

## **Stage 4: Reengaging (Weeks 10-12)**

### **Week 10: Discerning God’s Will (July 14<sup>th</sup>-20<sup>th</sup>)**

**Theme:** Seeking guidance for the next steps.

**Scripture:** Proverbs 3:5-6, “Trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight.”

*Special prayer focus for this week:* As Shawn starts the final stage of his sabbatical, pray for his heart, mind, and body to begin slowly preparing to reengage in ministry.

Bonus prayer request! Shawn turns 44 this week (July 16<sup>th</sup>). Pray that his birthday is filled with joy and his heart to be full, knowing he is loved for who he is, not what he does.

### Week 11: Preparing for Action (July 21<sup>st</sup>-27<sup>th</sup>)

**Theme:** Preparing to step out in faith.

**Scripture:** Joshua 1:9, “Have I not commanded you? Be strong and courageous. Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go.”

### Week 12: Commitment to Service (July 28<sup>th</sup>-August 3<sup>rd</sup>)

**Theme:** Committing to serve God and others with renewed strength.

**Scripture:** Galatians 6:9-10, “Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up. Therefore, as we have opportunity, let us do good to all people, especially to those who belong to the family of believers.”

## A final word...

Thank you for following this prayer guide for Shawn’s sabbatical. As he prepares to return to the office on *Tuesday, August 6th*, please pray that the Lord will firmly impress in his heart the lessons he learned during his time away and that he will have the wisdom and discernment to ease back into life and ministry in a way that will lead to long-term spiritual health and vitality.