



color me.

Tending to me, guilt-free. Doodle + Color your name below. After you've completed all your coloring, transition to the Prayer + Journal Prompts". Go at your own pace.

*An Embodiment Affirmation: The healed me + the healing me are both worthy + beloved + belong (periodt!).*



**Affirm: Rest is not a reward. Which means we don't earn it. Sis, it is a shalom-making, Sabbath gift we inherited from the LORD of the Sabbath. It is our birthright!**

**SOS (Space of Shalom) Meditation:** Read Matthew 12:1-8, zoom into verse 8: "For the Son of Man is Lord of the Sabbath." Sabbath reflects something of the divine, infinite perfection (completion) of God.

Prayer + Journal Prompt #1: The completion/perfection of God is being portrayed in the Sabbath. I will rest in this divine perfection as I rest from...

Prayer + Journal Prompt #2: Because Yeshua/Jesus is the Ruler of Rest, and I am a joint-heir + joint-ruler of rest—I will untether myself from...

Prayer + Journal Prompt #3: How does Yeshua, the Lord of the Sabbath, comfort you + address the threats/oppositions to your Sabbath-living?