Weekly Prayers & Meditations
At-Home Sabbatical Study
August 2025

"Come away to a deserted place all by yourselves and rest a while."

Mark 6.31

Week of August 3, 2025

Meditation:
"Come to Me, all who are weary and burdened, and I will give you rest."
Matthew 11:28

Prayer: Lord, thank You for being the rest our souls long for. In this sabbatical month, teach us to pause, reflect, and dwell in Your peace. Let us release the weights we carry and find our strength renewed in You. Amen.

Week of August 10, 2025

Meditation:
"He leads me beside still waters. He restores my soul." – Psalm 23:2-3

Prayer: God, lead us into quiet places where Your voice can be clearly heard. Refresh our inner lives, restore our joy, and help us to prioritize the rest You have made holy. Let this week be one of spiritual clarity and calm. Amen.

Week of August 17, 2025

Meditation:
"In returning and rest you shall be saved; in quietness and trust shall be your strength." - Isaiah 30:15

Prayer: Father, remind us that strength doesn't only come through work, but through stillness in You. Teach us to be still, to trust more deeply, and to embrace the renewing presence of the Holy Spirit. Let rest become holy in our lives. Amen.

Week of August 24, 2025

Meditation: "Even youths grow tired and weary... but those who hope in the Lord will renew their strength." - Isaiah 40:30-31

Prayer: Lord, in moments when we feel depleted, lift us with hope. May this week renew our physical, emotional, and spiritual strength. As we wait on You, carry us on wings of grace and prepare us for the next season of ministry. Amen.

Week of August 31, 2025

Meditation: "Behold, I am doing a new thing; now it springs forth, do you not perceive it?" - Isaiah 43:19

Prayer: Thank You, God, for bringing us through this month of sabbath. Prepare our hearts for the new things You are birthing in us. We walk into September with expectancy, filled with fresh vision and passion to serve. Amen.