

# TOOL: Fills and Drains

Sabbath • Weekly



Imagine yourself as a cup. Throughout the week we pour out in different ways and are filled in different ways. Sabbath is an opportunity to intentionally build our day around things that we know nourish and fill us, but to do that we would have to know what is truly restful for us.

## What is a fill?

**A fill is not just something that doesn't drain us.** Sometimes, when we find ourselves stressed or drained we turn to something that seems "relaxing" because it doesn't drain us, like TV. However, just because TV may not be a drain for us, it doesn't by default become a fill. There are many things that are neutral that we have a tendency to turn to when we're drained, but that don't actually help refill our cup. And when we finish partaking, we still have the same deficit in our cup that we began with.

Keep in mind that **a fill may not be our favorite things** just as **our drains may not all be things we hate.**

If we're feeling drained at the end of the week, the first thing we're going to want to do is usually...nothing. Rest can involve "doing nothing", but true rest isn't just an absence of drains, it's an intentional pursuit of what fills us up.

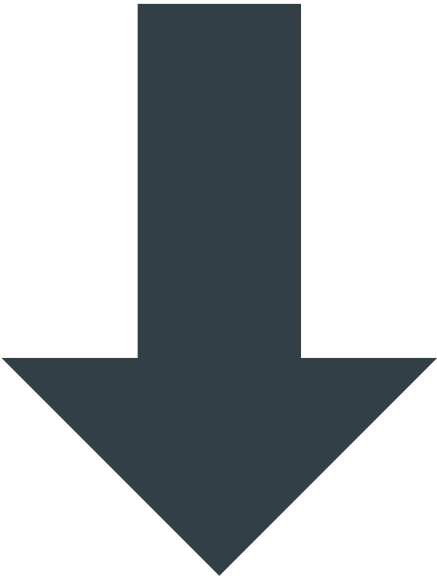
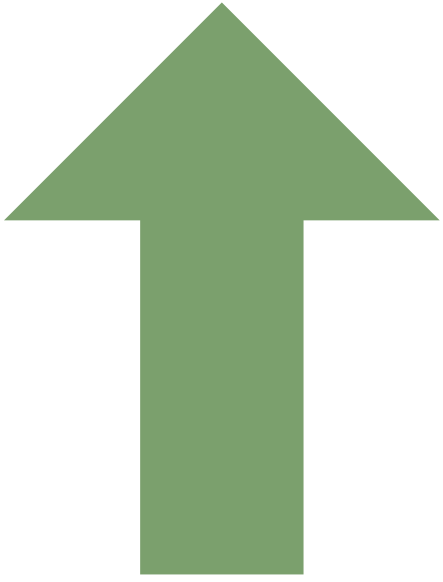
## Practice

Use the worksheet below to identify fills and drains in your life. Keep in mind - drains are not always "bad" things, and fills are not always things we enjoy! For example, a drain might be time with friends - which you need and love! A fill might be going for a walk - which may be the last thing you want to do!

Once you have identified your fills and drains, put them into practice! Find a few "fills" and make time for them when you are practicing the Sabbath.

**FILLS**

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**DRAINS**

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## **Debrief your experience**

After practicing with this tool, debrief your experience with your Praxis Group. Below are some questions to process together:

- Check in on life. (Where are you experiencing Christ's presence this week? What burdens are you carrying?)
- What did you learn from this practice?
- Describe your experience with this practice. (What feelings came up, what went well, what got in the way? How has it impacted your relationship with God?)
- What is the next step for you?