

Sabbath

What is it?

Sabbath is a 24-hour time period of restful worship, by which we cultivate a restful spirit in all of our life.

On Sabbath we cease from all working and choose to rest, giving thanks to the Triune God, and delight in His creation. In a month marked by excessive consumerism and constant busyness Sabbath may be our most countercultural practice. We are saying first and foremost we are God's people, we're not consumers, workers, slaves, or anything else. We belong to Jesus, Sabbath celebrates this.

A good way to think about Sabbath is through the lens of four translations of the Hebrew word shabbat: Stop, Rest, Delight, Worship.

How to do it:

1. *Pick a 24 hour period to rest and worship.* (Tell others, choose a ritual to define start and end of it like lighting a candle.)
2. *Decide on a "Prep day".* This is a separate day from sabbath for taking care of errands and creating loose plans for Sabbath
3. *Aim for a Digital Detox.* Consider avoiding news altogether for this day. (Keep Phone out of sight, schedule when you'll check it, make plans ahead of time so you don't feel the need to use phone.)
4. *Aim to Connect with God 3 times in the day.*
 - *3 Ways to Connect:*
 1. Reflect on your week, jot down the good things you encountered, give thanks to God for each item.
 2. Go for a walk in silence practice being present to God.
 3. Spend 30 minutes reading your Bible. Invite God to speak to you through His Word.

Passages:

Mark 2:27-28

Then he said to them, “The Sabbath was made for man, not man for the Sabbath. 28 So the Son of Man is Lord even of the Sabbath.”

Exodus 20:8-11.

8 “Remember the Sabbath day by keeping it holy. 9 Six days you shall labor and do all your work, 10 but the seventh day is a sabbath to the Lord your God. On it you shall not do any work, neither you, nor your son or daughter, nor your male or female servant, nor your animals, nor any foreigner residing in your towns. 11 For in six days the Lord made the heavens and the earth, the sea, and all that is in them, but he rested on the seventh day. Therefore the Lord blessed the Sabbath day and made it holy.

Genesis 2:1-3

*Thus the heavens and the earth were completed in all their vast array.**2** By the seventh day God had finished the work he had been doing; so on the seventh day he rested from all his work. **3** Then God blessed the seventh day and made it holy, because on it he rested from all the work of creating that he had done.*

Prayer

““God of rest, I’m so busy. The demands of life are piled high, and my schedule is a tyrant. Help me catch my breath and enter the gift of your Sabbath once more. Free me to enjoy the goodness of your favor and this life. Forgive me for all the ways I try to justify myself by my accomplishments. Help me to rest every day in your grace. Amen.” - Philip F. Reinders, Seeking God’s Face