

SABBATH



The fourth law found in the Ten Commandments called the Israelite people to, 'Remember the Sabbath day and keep it holy (Ex. 20)'. This command echoed the principle established in the Creation narrative: God creates the world in six days and then rests on the seventh. For the Israelites, this sacred seventh day started on Friday at sundown and lasted until sundown on Saturday. Twenty-four hours to pause from the normal routines of life and refocus on the presence of God. Jesus is Lord of the Sabbath (Matt. 12:8). In this busy and exhausting world, He invites us to stop, rest, and delight in our wonderful God.

COMMIT TO A TIME

The Sabbath is a time set aside to stop. A weekly rhythm designed to rest from the pace of this world to catch a glimpse of God's life-giving vision for reality. Traditionally, this is a 24-hour period. Whether the traditional time or not, Sabbath only happens with intentionality. To start, choose a day and time that you will set apart and stop.

SABBATH

'THE SABBATH WAS MADE FOR MAN, NOT MAN FOR THE SABBATH.'

JESUS, MARK 2:27

SAYING 'NO'

Creating sacred space starts with saying 'no' to those things that draw us away from God's presence. Some Sabbath practitioners say 'no' to:

- Social Media
- Screens
- Shopping
- Chores

What will you say no to as part of this practice?

SAYING 'YES'

We say 'no' to some things so that we can say 'yes' to that which is life-giving. Common Sabbath practices include:

- Going on a walk
- Read and Journal
- Doing a puzzle
- Taking a nap
- Delighting in God

How will you find life as part of this practice?

One last thing as you begin the journey towards Sabbath: This practice is meant to bring us a richer life through Christ - not detract from it. If things don't go as expected, move on and try again. This is about practice and not perfection!