

THE *Sabbath*

EXPERIENCE | 1ST QUARTER GUIDE

WHAT IS SABBATH?

Sabbath is a day (and other times) we set aside for resting and delighting in God's presence and the good things He has given to us. It is not a day to fill with work, chores, and errands.

HOW TO PREPARE

It is crucial to prepare ahead of time so that you maximize the blessing of the Sabbath. Pick a day or half day to start. Try using these questions to plan how you will experience the day.

What activities are draining to me? What do I need to do to clear the Sabbath of these things? What is life giving to me? What brings me joy? What do I need to do to include these in the Sabbath? How do I need to rest during this season of life?

BIBLE REFLECTION

"Remember the Sabbath day by keeping it holy, as the Lord your God has commanded you. Six days you shall labor and do all your work, but the seventh day is a sabbath to the Lord your God." (Deuteronomy 5:12-14)

Why do you think God commands that we observe the Sabbath? What role might it play in our spiritual health?

SUGGESTIONS FOR THE DAY

Recreation: Take a slow walk in nature and leave your phone behind. Cook or bake something you enjoy. Make time for your favorite hobby.

Contemplation: Pray through a Psalm slowly. Start a gratitude journal. Make time to ask yourself where you saw God with you in the past week.

Beauty: Spend time outdoors noticing the light, colors, sounds, and textures. Create something beautiful with your hands (e.g. write a poem or paint). Listen to meaningful music.

Relationships: Play a board game with others. Invite friends or family over for a meal to celebrate the Sabbath together. Pray for someone in a slow, intentional way.

SABBATH PRAYER

May this day bring Sabbath rest to my heart and my home. May God's image in me be restored, and my imagination in God be re-stored. May the gravity of material things be lightened, and the relativity of time slow down. May I know grace to embrace my own finite smallness in the arms of God's infinite greatness. May God's Word feed me and His Spirit lead me into the week and into the life to come. (Pete Grieg, Sabbath Blessing)