

# Sabbath

*By the seventh day God had finished the work he had been doing; so on the seventh day he rested from all his work. 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.*

*Genesis 2:2-3*

*There remains, then, a Sabbath-rest for the people of God; for anyone who enters God's rest also rests from his own work, just as God did from his. Let us, therefore, make every effort to enter that rest.*

*Hebrews 4:9-11*

*In Sabbath time we take our hand off the plow and allow God and the earth to care for what is needed.*

*~Wayne Muller*

## To prepare for Sabbath

- ♦ Clean your house so it is a place where you can relax.
- ♦ Prepare food so that you do not have to work in the kitchen during your sabbath.
- ♦ Light a candle; as the candle slowly burns down, write down all of the tasks, concerns, and worries and release them until your sabbath is over.

## Practicing Sabbath

### Things to Exclude

- ♦ Work – set aside your to-do list and any tasks that are incomplete. They will still be there when sabbath is done.
- ♦ Technology – turn off your phone and/or your computer for the day; fast from social media and the anxiety that so often comes with it
- ♦ Buying and selling – take a step away from consumerism
- ♦ Worry – this is where we get to practice giving all of our cares to God and remembering that He cares for us

### Things to Include

- ♦ Rest for the body – don't set an alarm, take a nap, go for a long walk in nature, eat delicious food, read a fun book
- ♦ Relationships – spend quality time with friends and family, playing and laughing together
- ♦ Creativity – what types of creative acts bring you joy? Bake bread or a cake, draw a picture, spend time in the garden, make music – not because these things are on your to-do list, but because they truly bring joy and restoration
- ♦ Spend time with God – listen to worship music, journal, spend time in silence, read Scripture

For each of us, the practice of sabbath will look different. Over the coming weeks, try these suggestions and other things that you think of to find what works best for you as we all learn to trust and rest in God more and more.

## For further reading

*The Sabbath* by Abraham Joshua Heschel

*Sabbath as Resistance* by Walter Brueggemann

*Sacred Rhythms* by Ruth Haley Barton