



The Sabbath is a weekly day of rest and worship, created by God as a gift and grace to us.

It allows us to clear away distractions from our lives so we can rest and experience God's grace in a new way. On the Sabbath, we are invited into worship, peace, relationships, celebration and thankfulness.

HOW TO PRACTICE THE SABBATH

When we have decided to observe a Sabbath, we need to address two practical questions:

1. What will I cease doing?
2. What will I do during the Sabbath?

How you answer these questions will be shaped by your present situation and season of life. What is your work at this time? Whether it is a paid job, housework, or any "to do" list items, abstain from whatever doesn't feel restful. In terms of what to do during a Sabbath, embrace activities that are restful, worshipful, and life-giving. Sabbath keeping involves both praying and playing. Below are some suggestions:

- Pray
- Be in solitude
- Eat a meal with family
- Write or journal
- Read for fun
- Reflect on the past week
- Enjoy nature
- Practice gratitude

Spend some time praying about what might be healthy and life-giving for you to do on the Sabbath. Ask God for guidance as you practice Sabbath keeping. If Sabbath is a new rhythm for you, make a plan and follow it for 1-3 months. Resist the urge to analyze during that period; simply receive and experience the gift of Sabbath.

For further reading:

Sabbath: Finding Rest, Renewal, and Delight In Our Busy Lives by Wayne Muller
Sabbath Keeping by Lynne M. Baab