

Garden City Church

Sabbath Guide

December 28, 2025



Come to me, all who labor and are heavy laden, and I will give you rest. Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls. For my yoke is easy, and my burden it light –
Matthew 11:28

This Sunday, instead of gathering corporately, we are practicing Sabbath as a church family. Sabbath is not about doing nothing, it is about ceasing, resting, delighting, and remembering that God is God and we are not.

As we stand on the threshold of a new year, this practice becomes especially important. Before we set goals, make plans, or rush ahead into what's next, Sabbath invites us to pause. It gives us space to reflect on where God has been faithful, to release what no longer needs to be carried, and to enter the new year not from exhaustion but from rest.

As a church, we want to practice Sabbath not as a rule, but as a rhythm of grace. A way of declaring and displaying the good news of Jesus by how we rest, receive and reorder our loves. By stopping together now, we are choosing to begin the new year grounded in trust rather than striving, rooted in God's presence rather than our own productivity. It's our way of saying that God is already at work in the year ahead and that our first posture as His people is rest.

Use this guide however is most lifegiving. But please keep in mind

Sabbath is:

- a rhythm of stopping normal work and responsibilities
- a time to delight in God, His creation, and His people
- a time to remember God's provision and presence
- an act of trust, saying "God is at work even when I stop"

Sabbath is not:

- a performance or spiritual test
- a day for catching up on chores or emails
- a burden or source of guilt
- a rigid formula that looks the same for everyone

1. Begin with Intention (5 minutes)

Start your day by naming this time as set apart.

Simple Prayer

God, today we receive Sabbath as a gift.

Help us to slow down, to be present with You and with one another,
and to rest in Your grace. Amen.

Reflection Questions

What do I need rest from right now, physically, emotionally, or spiritually?

What normally defines my productivity?

what would it look like to release that for a day?

2. Scripture for the Day (10–15 minutes)

Read one of the passages below slowly (aloud if possible).

1. Genesis 2:1–3 – God rests and blesses the day
2. Psalm 23 – God restores our souls
3. Matthew 11:28–30 – Jesus invites the weary to come

Consider

Who is God in this passage?

What has he done?

What does this passage tell you about who you are?

What does this passage call you to do?

3. Practice Presence (Choose One)

Sabbath is about being, not producing.

1. Take a slow walk and notice God's creation
2. Sit quietly for 10 minutes with no phone or music
3. Share a meal without distractions or screens
4. Journal one page beginning with: "Today I am grateful for..."

Ask one another or yourself:

1. Where did you see God today?
2. What helps you feel peaceful?

4. Release & Receive (5–10 minutes)

Release

Write down (or name aloud):

1. Worries you're carrying
2. Tasks you're tempted to return to

Pray:

God, I release what I cannot carry. I trust You with what remains undone.

Receive

Ask:

What might God want to give me today? (rest, joy, clarity, comfort)

Sit quietly and receive.

5. Delight (Unhurried Joy)

Sabbath includes delight in things that bring joy without striving.

Some ideas:

1. Read for pleasure
2. Cook or enjoy a favorite meal
3. Listen to worship music
4. Laugh together
5. Take a nap (yes, really)

Delight is not selfish it is worship.

6. A Simple Sending Prayer

As your Sabbath comes to a close:

God of **Truth**, ground us in Your Word.

God of **Presence**, help us notice You with us.

God of **Mission**, send us renewed to love our neighbors.

We rest in Your grace. Amen.

Garden City Church we practice Sabbath together because we believe:

1. Truth anchors us
2. Presence transforms us
3. Mission flows from rest, not exhaustion

May this day remind you that you are **deeply loved**, not for what you do, but for **who you are in Christ**. You are **not** what you **produce**.. God is **faithful** even when we **rest** and **Jesus is our true rest**.

GARDEN CITY CHURCH
MAY YOU GO GROUNDED IN THE TRUTH OF GODS WORD,
SUSTAINED BY THE PRESENCE OF CHRIST,
AND SENT BY THE POWER OF THE HOLY SPIRIT TO MAKE DISCIPLES
DECLARING AND DISPLAYING THE GOOD NEWS OF JESUS.
GO IN PEACE, AMEN