

## **Practice: The Sabbath**

Sabbath comes from the Hebrew word that means “to cease, to stop working.” It’s an intentional time of rest (24 hrs.) where we connect with God, ourselves and those we love.

### **First, commit to a day or time to sabbath, and give it a try.**

- Start Small- Start where you are, not where you “should” be. If a full 24-hour day is too much, start with a half day; if that’s too much, start with 3 - 4 hours on a specific day.

### **Pick 3 or 4 Sabbath activities to help you fully engage.**

- For example: Lighting candles, Worshiping with your church, Walking, Napping, Reading, especially Scripture, Spending time with family and friends in conversation and celebration, Eating a Sabbath meal, Relaxing in nature, a technology fast. Spending time with your kids.

### **Use these four steps to create a meaningful sabbath**

- **Stop:** Sabbath is first and foremost a day of “stopping.” We embrace our limits and we stop work.
- **Rest:** We accept Gods invitation to rest. We set aside the time, and we practice and or engage activities that replenish us. (Prepare for this in advance. Put your “doing” on a different day)
- **Delight:** What brings you joy and delight? God invites us to join in the celebration of what he has done and provided. We are to enjoy and delight in his creation and all that he offers us in it.
- **Contemplate:** Reflecting on the love of God is the focus of the Sabbath. We aren’t taking time off from God we are drawing closer to him.

Remember, the more fully you give yourself to the practice of Sabbath, the more life-changing it will be.