



Sabbath

Starting Practice

As you prepare for and plan your half-day Sabbath, use the following framework, adapted from *Practicing the Way*, as a guide.

STOP

Sabbath is first and foremost a day to stop, unplug, and disconnect from the regular demands of work and consumption. Intentionally stop from all work, both paid and unpaid, for half a day. Consider unplugging from social media and limiting screens as much as possible.

REST

Sabbath is meant to fill our souls with deep rest. This is different from leisure. Engage in activities that restore and replenish you—sleep in, take a nap, read a good book, go on a slow, long walk in nature. Move through your day slowly. Free yourself from multitasking by giving your attention to one thing or one person.

DELIGHT

Sabbath is an opportunity to engage in things that bring your soul delight—good food, art, hikes, music, sports, gardening, cultural activities, and life-giving connections with loved ones. Take time to notice, ponder, and explore. Consider asking yourself when preparing for your Sabbath, "What gives me joy and delight?"

WORSHIP

Sabbath is a way to connect with God and renew our bodies, minds, and spirits for the things of God through worship. Worship is our God-glorifying response to who God is and what He has done. There are many ways to worship God. Feel the freedom to respond to God in the way that you best connect with Him. Carve out some time to enter into prayer with God. Spend time meditating on scripture. Give praise and honor to God through musical worship. Celebrate his goodness on a hike as you consider his presence in creation.

PRACTICAL TIPS FOR A HALF-DAY SABBATH:

- Pick a half-day (a three to four hour period) that works best for your schedule and stage of life.
- Remember that the goal is not rigid rules but a general principle of Sabbath. Do what works for you!
- Consider how you might plan and prepare for your Sabbath in advance (e.g., blocking out half a day on your calendar, handling chores and grocery shopping earlier in the week, thinking through what activities to engage in or avoid).
- Consider having a ritual (e.g., lighting a candle, prayer, reading a Psalm) to mark the beginning and end of your Sabbath.



Sabbath

Stretch Practice

As you prepare for and plan your 24-hour Sabbath, use the following framework, adapted from *Practicing the Way*, as a guide.

STOP

Sabbath is first and foremost a day to stop, unplug, and disconnect from the regular demands of work and consumption. Intentionally stop from all work, both paid and unpaid, for a full day. Consider turning off your phone for a full 24-hours and limiting the amount of time you spend on screens.

REST

Sabbath is meant to fill our souls with deep rest. This is different from leisure. Aim to get at least 6-7 hours of sleep the night before your Sabbath. Engage in activities that restore and replenish you—sleep in, take a nap, linger a little longer with a cup of tea or coffee, go on a slow, long walk in nature. Move through your day slowly. Free yourself from multitasking by giving your attention to one thing or one person.

DELIGHT

Sabbath is an opportunity to engage in things that bring your soul delight—good food, art, hikes, music, sports, gardening, cultural activities, and life-giving connections with loved ones. Take time to notice, ponder, and explore. Consider asking yourself when preparing for your Sabbath, "What gives me joy and delight?" As you plan for your day, leave margin between activities to slowly enjoy and savor each moment.

WORSHIP

Sabbath is a way to connect with God and renew our bodies, minds, and spirits for the things of God through worship. Worship is our God-glorifying response to who God is and what He has done. There are many ways to worship God. Feel the freedom to respond to God in the way that you best connect with Him. Carve out some time to enter into prayer with God. Spend time meditating on scripture. Give praise and honor to God through musical worship. Celebrate his goodness on a hike as you consider his presence in creation.

PRACTICAL TIPS FOR A FULL-DAY SABBATH:

- Pick a day (a 24-hour period) that works best for your schedule and stage of life.
- Remember that the goal is not rigid rules but a general principle of Sabbath. Do what works for you!
- Consider how you might plan and prepare for your Sabbath in advance (e.g., blocking out the day on your calendar, handling chores and grocery shopping earlier in the week, thinking through what activities to engage in or avoid).
- Consider having a ritual (e.g., lighting a candle, prayer, reading a Psalm) to mark the beginning and end of your Sabbath.