

SABBATH: STOP | REST | DELIGHT | WORSHIP

“Stop” Practice Lab Week #1

What is Sabbath?

Sabbath is the gift of regular rest and communion with God. An intentional weekly rhythm set aside to allow your soul to reconnect with God and disconnect from the world of distraction, hurry, and restlessness.

What does it mean to “stop” on the Sabbath?

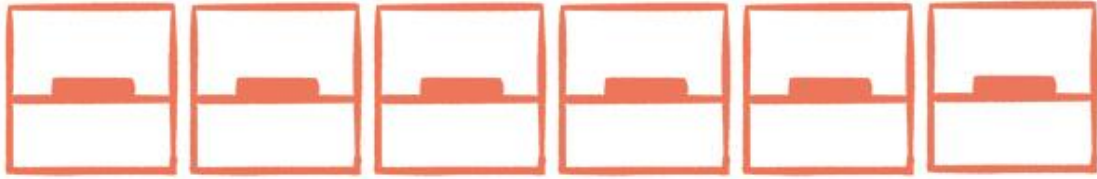
In the creation story, God himself rested on the seventh day, stopping from the work he had been doing. By stopping, he built a rhythm of work and rest into the fabric of creation, what is known as sabbath. The word “sabbath” is derived from the Hebrew word *shabbat*, which means to stop, cease, or be done. On sabbath, we follow God’s example and stop. We stop from our regular rhythms of work and consumption, and in stopping we remind ourselves that God is in control.

Keep in mind...

- Start where you are, not where you think you should be! If an entire day is too much for you, that’s fine, we then recommend you set aside a three-to-four hour time period, either after church on Sunday or on a weekend night, turn off your phone, and just stop.
- What counts as “work” and “rest” might look different for you than it does for others. Make a list of the work, paid and unpaid, you will intentionally stop from on Sabbath.
- Stopping takes intentionality and planning. Consider how you might need to plan ahead during the other six days of the week (grocery shopping, paying bills, meal prep, etc.).
- Sabbath is a gift; it is not intended to be “earned” as a reward for finished work! It is likely that there will be tasks that are left unfinished and worries that are unresolved at the start of your Sabbath. That is okay.

Ideas for Practice:

- Block out your Sabbath on your calendar/schedule
- Unplug from social media and refrain from checking emails
- Power down phones, tablets, and laptops, if possible
- Set aside your to-do lists
- Allow yourself to move more slowly and freely through the day, paying less attention to the clock
- Light a candle and leave it burning as a reminder to stop and slow down
- Pray with God throughout the day (morning, mid-day, and evening)
- Pick a beginning and ending ritual for your Sabbath (ex. lighting a candle, reading a Psalm, listening to a song, praying with others) - feel free to be creative with this!



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“Stop”

Practice Lab Week #1 - Family One-Sheet

Keep in mind...

- Invite your family into the conversation of what Sabbath is, why we practice, and ways that you as a family might “stop” on the Sabbath.
- You will need to intentionally prepare to stop on Sabbath (ex. making dinner ahead of time, planning special activities for you and the family). Prep together as a family!
- Be flexible, but consistent - pick a day to stop, and keep it.
- Consider how your family can “stop” from focusing on “self” by shifting your focus to God and caring for others around you.
- Below are simply a few ideas...be creative in coming up with more as a family!

Ideas for Practice:

Kids

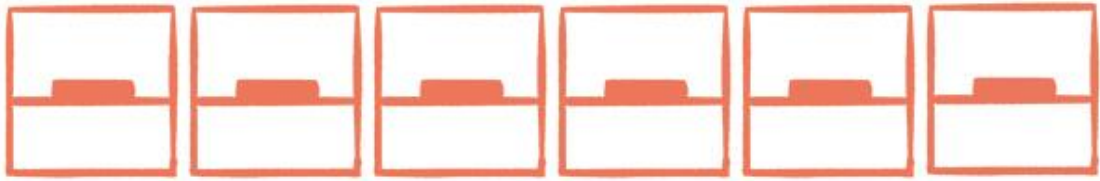
- Light the Sabbath candles
- Share one activity you are excited to “stop”
- Hold the family “Sabbath box” or basket and gather items that family members will choose to intentionally set aside on that day (phones, laptops, homework, work, etc.)
- Play a game: red light - green light, freeze dance (to help learn how to stop and go)

Students

- Read a Sabbath prayer or Scripture as part of the family’s starting/ending ritual
- Write a list of a few activities you look forward to stopping from on Sabbath
- Plan a family project/activity that encourages everyone to slow down (puzzle, baking/cooking, building lego/model kit, learning a new skill together)
- Choose a question to ask the family during meal time or drive time

Family

- Set aside focused time (meals, family walk, a drive) for conversation and connection
- Share highs and lows of the week
- Take a break from homework and chores
- Take a nap or encourage quiet time
- Breathe - allow for margin between activities, and move slowly through the day
- Stop from regular rhythms, perhaps once or more a month, to serve together
- Create a family Sabbath bucket list/jar and pick one activity a week
- Create a family motto and display it in your home
- Sabbath journal prompt: Write down things you want to see stop (ex. hard situations, negative thoughts, etc.) OR write down things you want to stop from on the Sabbath.



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