

SABBATH: STOP | REST | DELIGHT | WORSHIP

“Rest”

Practice Lab Week #2

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 and hurry.

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

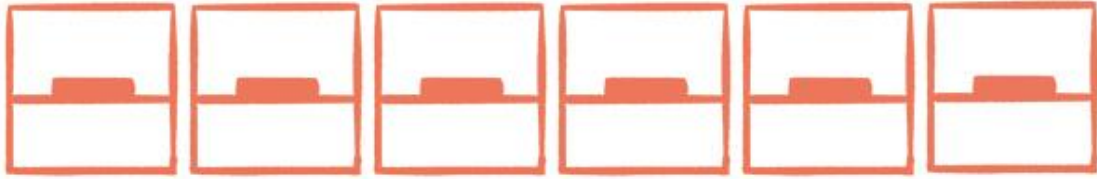
Sabbath isn't just a day off to take a nap - although that may certainly be a part of how you rest - Sabbath is a day of rest for your soul! It is an act of resistance that requires us to fight the unrelenting myth of modern life that more (work or consumption) is always better. The kind of rest Sabbath provides goes beyond physical and into the whole of who we are (spirit, body, and soul). On the Sabbath, we engage in activities that restore and replenish us in God's presence. We take time to linger a little longer, pause, and rest in communion with God.

Keep in mind...

- Rest is an act of trust. It can often feel challenging, inefficient, or unproductive. When we rest, however, we are relying on God to sustain us. In doing so, we rehearse the Gospel, that we cannot but God can.
- Some activities we might consider to be restful (for example, binge watching a TV show) can actually leave us feeling drained, leave these for the 6 other days. Engage in activities that are restorative to your soul, allowing God to commune with you throughout the day.
- The people you may be practicing Sabbath with (family, friends, roommates) will likely have a different idea about what is restful and what is not restful. Have a conversation about ways you can rest both individually and together.

Ideas for Practice:

- Aim for six to seven hours of sleep the night before your Sabbath
- Allow yourself to sleep in and wake up slowly, perhaps without setting an alarm
- Spend some time silently resting in God's presence and promises in Scripture
- Take a nap, enjoy a walk, hike, or drive
- Leave room for play - sports, board games, card games, time at the park
- Listen to music, play a musical instrument
- Read, journal, pray
- Meet up with a friend for coffee or tea
- Enjoy an unhurried meal with family or friends



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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 “rest” on the Sabbath.
- Allow yourself to unplug by not being led by the clock; move slowly through your day.
- Everyone may define rest differently, this is when parallel play helps. Enjoy being in the same environment but participate in different activities that bring you rest.
- Sometimes the things we might think are restful (ex. binge watching a show) are actually not. Find ways to rest that are truly restful for your body, mind, and spirit.
- Consider how your family can “rest” 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

- Mind: Read a book together, crafting, listening to music, legos, board games, card games
- Body: Sidewalk chalk art, bubbles, nature walk, go to the park/beach
- Together: Read a chapter of a novel or Bible story together every week

Students

- Mind: Catch a sunrise or sunset, allow yourself to daydream, deep breaths, listen to music
- Body: Sleep in, take a bath, make yourself a fun snack and enjoy it slowly, stretch
- Together: Read a devotional together and engage in reflection and conversation

Family

- Mind: Play with your pets, chill time, put aside the to do list
- Body: Wake up slowly, family stretching, walk around your neighborhood, take a nap, save dishes and laundry for another day
- Together: Play a game, watch a movie
- Sabbath journal prompt: How has God given you opportunities to rest this week?