

SABBATH: STOP | REST | DELIGHT | WORSHIP

“Worship” Practice Lab Week #4

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 “worship” on the Sabbath?

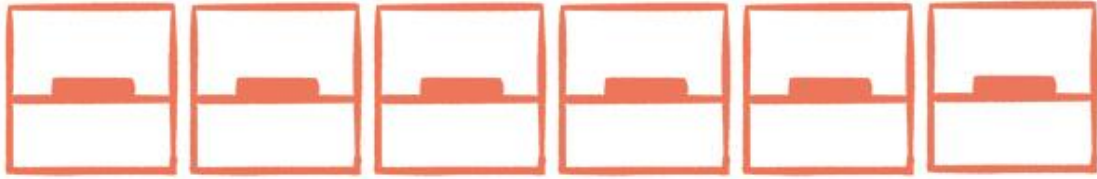
The Sabbath is a weekly rhythm for worship that over time (think years) cultivates a whole life of worship. Worship is our God-glorifying response to who God is and what he has done. Worship is singing, but it is also more than singing. Sabbath isn't just a day to sleep in, relax, and do whatever brings you joy (it *is* that, but it is much more than that): it's a day to worship. A day to reorient your entire life back to its center in God. There are many ways to worship God; feel the freedom to respond to God in a way that best helps you connect and commune with Him.

Keep in mind...

- The ultimate goal of Sabbath is communion with God. When we truly stop, rest, and delight on the Sabbath, it will always result in worshipping God.
- Consider how you might worship in community. This might look like including the Sunday morning worship gathering in your Sabbath rhythms or, if you Sabbath on another day, simply gathering together for a time of worship with your community group, roommates, family, or friends.
- Intentionally foster a spirit of gratitude to God throughout your day by pausing to celebrate and thank Him for the good gifts He has provided and the ways He has reminded you of His presence and promises.

Ideas for Practice:

- Go on a prayer walk or hike
- Spend time in musical worship - play an instrument, dance, and sing unto the Lord
- Spend time in Scripture (study, Lectio Divina)
- Plan a prayer and worship night
- Read and reflect on a Psalm - write, paint, draw, journal
- Make a list of ways that you have seen God at work in your life lately
- Allow beauty (nature, art, people) to stir you toward praise and awe of God



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“Worship”

Practice Lab Week #4 - Family One-Sheet

Keep in mind...

- Worship is more than just singing, it is a lifestyle. We want to honor God in our stopping, resting, and delighting – and in all that we do.
- Worship is a way of praising God for who He is and all that He has done.
- There are many different ways that we can worship God. Consider how you best connect with God (ex. musical worship, reading scripture, out in nature).
- Consider how you can worship with community on Sabbath. Consider inviting one other person, or even another family, to join your time of family worship.
- Spend time in God’s creation, with God’s creation.
- Consider how your family can “worship” by shifting focus from “self” to God and caring for others around you.

Ideas for Practice:

Kids

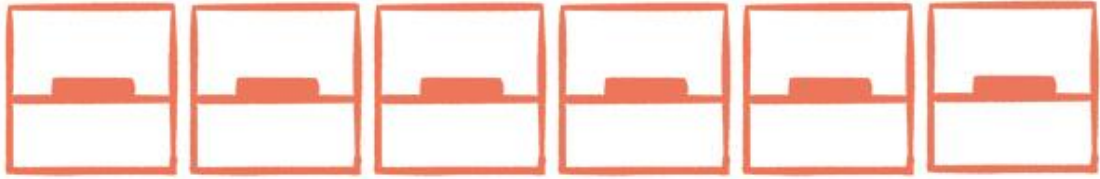
- Mind: read scripture, make your own Psalm to God, practice your memory verse, write your own worship song, pray
- Body: create a dance (have a worship dance party), sing to God, make instruments out of various household items to worship God with sound

Students

- Mind: read scripture through our YouVersion Bible devotionals, learn or practice a memory verse, check out various worship songs and enjoy creating your own playlist,
- Body: enjoy a nature walk and talk to God about His creation, create music with your voice and/or instruments, draw or paint an image that comes to mind after reading a Psalm or another passage in scripture

Family

- Mind: read scripture together and invite each person to share about a word or idea that stands out to them, create a praise jar and write on strips of paper any answered prayers and stories of how you saw God at work this week, take turns sharing prayer requests (prayer/praise) and pray for each other
- Body: play and sing worship music together, come up with actions or a dance together to a worship song or memory verse, go on a hike or nature walk as a family and take turns thanking God for the beautiful things you see
- Sabbath journal prompt: When, where, and how do you feel closest to God?



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