Sabbath & Rest

An invitation to trust God and make room for rest

Sabbath is an intentional rhythm of setting aside ordinary work to attend to God, receive rest and enjoy His gifts. Scripture connects Sabbath with creation, freedom and rest for the whole household. You might begin by reading Exodus 20:8–11 or Deuteronomy 5:12–15.

If this is new, begin with the time and support available to you, while considering what would help you grow towards a fuller rhythm of Sabbath. There is no need to create a perfect day.

1. Notice and cast your cares

Take a moment to name the responsibilities, worries and unfinished tasks occupying your mind. You may want to write them down, then bring your cares to God, who cares for you. (1 Peter 5:7)

> God, this is what feels difficult to put down...

2. Entrust it to God

Bring these things to God honestly. Ask Him to help you trust His care while you stop for a time. Rest does not mean your responsibilities do not matter; it creates space to bring them to Him.

> God, help me trust You with what remains unfinished. (Proverbs 3:5–6)

3. Make room and protect the time

Choose a realistic period and put it in your calendar. Decide what ordinary work or demands you will pause, and what would help protect that time. You might prepare a simple meal, finish an essential task beforehand, turn off notifications or let others know you are unavailable for non urgent requests.

> When will I pause? What am I setting aside? What preparation would help? (Proverbs 21:5)

Planning for Sabbath

Make a plan that fits your season and the people who share your life.

4. Receive and enjoy

Consider what helps you attend to God, rest and receive His gifts. This might include prayer, a walk, a shared meal, worship, creative play, time outdoors or unhurried connection. Sabbath does not have to be filled with activities. Allow room simply to be.

> What helps me rest, delight in God and enjoy His gifts? (Mark 6:31)

5. Plan with care

Think about your actual responsibilities and who else needs rest. Parents, carers, shift workers and those serving at church may need a flexible time or practical help. If Sunday is a work or service day, another time may suit you better.

Talk with your household or a trusted person about what can be shared, prepared or simplified. Consider who will care for children or others, how everyone can have space to rest, and what support you might ask for. Avoid making one person’s rest depend on another carrying all the work.

> Who else needs rest? What support can we arrange? What will help us protect this time? (Deuteronomy 5:14)

A simple first plan

When: Choose a day and time. **Beforehand:** Prepare one thing that will make stopping easier. **During:** Set aside ordinary work, connect with God and receive rest. **Afterwards:** Notice what helped and what you might adjust next time.

A closing prayer

Loving God, help me trust You with what remains unfinished. Teach me to receive rest, enjoy Your presence and make room for others to rest too. Amen.

Informed by Exodus 20:8–11 and Deuteronomy 5:12–15.