

Week Two
August 7, 2022

SABBATH

DIAKONOS SOLUTIONS

FRAMING

Sabbath is resting– or ceasing– from work for one day a week. God modeled sabbath rest as part of God’s creation of the world. God created and God rested.

Sabbath is a religious discipline practiced by some faith traditions. It has a distinct structure to it, including aspects of worship and rules about what can and cannot be done during Sabbath.

Modern American Christians don’t observe Sabbath in any structured sense. The only Sunday restrictions we have now are self-imposed and not communally acknowledged. In essence, we don’t do it.

We begin Sabbath by choosing a time and day that we cease from our work, so that we may rest and worship. It may be a full 24 hours. Or, if that seems to difficult at first, set a goal of 8 or 12 hours. Then, cease (working) and rest (in God).

PRAYER

Gracious God, Help us to cease our striving and rest in you this week, even for a brief amount of time. Amen.

SCRIPTURE

"And on the seventh day God finished the work that God had done, and God rested on the seventh day from all the work that God had done. So God blessed the seventh day and hallowed it, because on it God rested from all the work that God had done in creation." Genesis 2: 2–3

GET CURIOUS

- What stands in your way of practicing Sabbath, if anything?
- What do you dream your Sabbath practice would look like? What does an achievable Sabbath practice look like?
- What is restful for you?

PRACTICE

Practice a short daily Sabbath by taking 5–15 minutes to cease work and rest in God:

- Put your devices on Do Not Disturb during your short daily Sabbath
- Take a walk in nature, even if “nature” means around the block
- Take a break from noise and try being silent for one of your short Sabbath times
- Notice how short daily Sabbath affects you and the rhythm of your day

