

Practices for Life

Sabbath

Defining the practice

Sabbath is a weekly time for rest, renewal, and rejoicing in God's presence. It involves laying aside anything that distracts us from God while choosing to enjoy God's good gifts. The practice is patterned after God's own rest on the seventh day following the creation of the world.

Why this is helpful

Participating in Sabbath builds trust in God. We stop our regular responsibilities and allow God to provide for us as we rest. Even if our work is not quite done when the Sabbath begins, we surrender it to God anyway and let him to hold it until we are ready to take it up again.



Then Jesus said to them, "The Sabbath was made to meet the needs of people, and not people to meet the requirements of the Sabbath."

Mark 2:27 NLT

How to practice

- Begin with prayer, inviting God into your preparations.
- Choose the community with whom you will practice—perhaps your family, friends, or neighbors.
- Choose your day of the week and the length of time you will observe the Sabbath.
- Decide which activities you will pause, such as work, shopping, or technology.
- Decide which activities you will engage in, such as meals, fellowship, prayer, naps, or walking.
- Consider how your chosen activities will help you enter God's presence. The Sabbath time is about making yourself available to God for his purposes.
- Embrace God's love and grace—there is no right or wrong way to engage in this practice.

Things to consider

The most challenging part of Sabbath is stopping even when you do not feel ready. Trust God to take care of the things you set down.

Your Sabbath may not meet your expectations. An imperfect Sabbath is a rich opportunity to surrender your goals and desires to God.

Sabbath clears out the clutter in our lives, allowing God to do healing work within us.

