

# Heart & Spirit of Sabbath

Sabbath teaches trust by asking us to **stop controlling everything** for one day each week.

Most of life is spent managing schedules, work, and responsibilities. Sabbath interrupts that pattern and says:

“You can stop provision does not depend on constant effort.”

For beginners, this is huge:

- You are not sustaining the world
- You are not falling behind
- You are choosing alignment over anxiety

## Letting go of control

When you pause productivity, you practice:

- surrender
- dependence
- humility

This builds spiritual resilience and reminds you:

YAHUAH sustains what you cannot.

Sabbath becomes a weekly exercise in releasing pressure.

## Sabbath and Joy

Delight, not burden

Sabbath is meant to be **enjoyed**, not endured.

It is time to appreciate:

- peace
- family
- learning

- simple pleasures

Beginners should understand:

Sabbath is not about restriction it's about restoration and delight.

Joy reinforces that rest is a gift.

Choosing delight intentionally

Joy doesn't always happen automatically it is cultivated by:

- slowing down
- appreciating what you have
- engaging in meaningful rest

Sabbath invites gratitude and presence.

## **Sabbath and Family**

Teaching children

Sabbath creates a natural environment for passing on values.

Children learn by observing:

- rest rhythms
- gratitude
- reflection
- peaceful interaction

It teaches them:

Life is not just work it includes sacred pause.

Shared rest

When families slow down together:

- tension decreases
- connection increases
- communication deepens

Sabbath becomes a weekly anchor of unity.

Even simple shared moments matter:

- meals
- conversations
- quiet time together

The heart of Sabbath is:

Trust letting go of control

Joy delight in rest

Connection shared peace with family

Sabbath is lived with intention, not pressure.

## **Optional scripture**

- Exodus 20:8–11 Sabbath instruction
- Isaiah 58:13–14 delight in Sabbath
- Deuteronomy 6:6–7 teaching children