

Practice Sabbath

Adapted from, *Spiritual Disciplines Handbook: Practices That Transform Us*, by Adele Ahlberg Calhoun

Sabbath is God's way of saying,

"Stop. Notice your limits. Do not burn out."

It is a day God gives us to remember who and what work is for, as well as what matters most. We have time for loving and being loved. Rhythmically, the sabbath reminds us that we belong to the worldwide family of God. We are citizens of another kingdom—a kingdom not ruled by the clock and the tyranny of the urgent. God's sabbath calls us to trust that the Creator can manage all that concerns us in this world as we settle into his rest.

PLAN a 24-hour sabbath you can look forward to experiencing. Consider the things that would nourish and fill you: worship music, a nap, a walk in nature, reading, coffee with a friend, playing a board game. Plan them spaciouly into the day.

GATHER your family, friends, or small group together and discuss how to arrange your sabbath for renewal and relationships. Ask, "How can we help each other leave the school and work week behind?"

- Let everyone share one thing they love to do on Sunday.
- If getting to church is a hurried time that brings distress to the family, spend some time talking together about how to take the pressure off "getting out the door on time." What can be done the night before to make it easier to get going in the morning?
- How can you approach sabbaths in ways that you do not force, rush, or demand?

MARK your sabbath by lighting a candle or sharing a prayer to begin your day.

- Invite the presence of Christ to guide you through your sabbath.
- Have your sabbath candle in a prominent place visible for all to see throughout your day.
- Print your sabbath prayer on a card and display it only on sabbath.

ENJOY your sabbath day doing nothing but reveling in the generosity of God. Awake gently to your sabbath day. If it is possible, do not set an alarm. Let your body wake naturally.

- As you grow in your awareness of a new day thank God for being graced with this opportunity to rest in Him.

*Remember to observe
the Sabbath day by
keeping it holy.*

*You have six days each
week for your ordinary
work, but the seventh
day is a Sabbath day
of rest dedicated to
the Lord your God.
On that day no one
in your household
may do any work.*

EXODUS 20:8-10
