

## Sabbath

In our age of exhaustion, Sabbath is one of the most neglected and most crucial of all the practices of Jesus. It can be daunting to begin, as it's an entire 24 hours, so start small if a full sabbath day is too much for you. Try a sabbath morning or afternoon. Set aside a few hours after church. However you do it, make time to embrace the four movements of Sabbath: stop, rest, delight and worship.

1. **Begin by connecting with God.** The Hebrew people called this “sanctifying the day,” setting it aside from the other six days. You could light two candles, or pray a Psalm or share a meal or begin with Sunday worship at your church. But have a clear ritual or moment with God that begins and ends your Sabbath time.
2. **If you can, spend part of the day with your family or friends who follow Jesus.** You could host a Sabbath meal or just spend unhurried time in conversation.
3. **Do whatever makes you come alive in God.** Nap, read poetry, play music, play sports, take time with your children, spouse or friends. Pursue whatever activities make you feel joyful, rested, and alive to God; whatever it is you do that makes heart spontaneously burst into gratitude and worship.
4. **Keep at it.** Integrating Sabbath keeping into your life usually takes months or years, not weeks. Just start small and aim at joy.

## Questions to help you plan out your next Sabbath.

- When will you sabbath? (include a start and end time)
- How will you mark the beginning and end of your sabbath time? (a ritual or liturgy or prayerful moment)
- What will you do with your devices?
- What do you need to prepare? (Food shopping, emails, errands, work tasks, phone calls etc. If cooking is not restful you could pre-prepare a meal)
- How will you include family and friends?
- What will you do with to fill your heart with joy and peace?
- How can you create sabbath for those who have none?