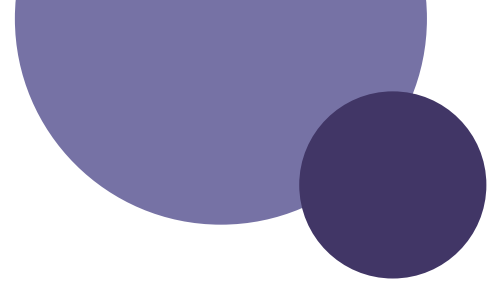
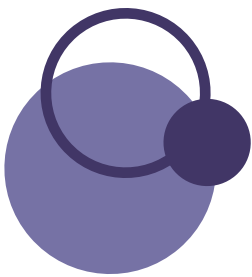


PRACTICING FAITH

SABBATH

(WITH OTHERS)

RESTING



If you want to practice Sabbath, begin by setting aside a day or even a few hours simply for worship and rest. Setting this boundary or rhythm of rest means resisting the over-productive, over-packed, inundated, overwhelmed way of society. Simply take time to rest and engage people and activities that bring you life, and avoid those activities that take you from God and others. When you enter your rest as an act of resistance, you will experience what the practice of Sabbath is designed to help you do - trust God's way more than the ways of this world. Even God rested after creating the world! And you are invited into that same practice of Sabbath rest.

Sabbath rest should be intentional. In a busy and hectic world, we simply will not rest and recharge by default. Planning space in your life to engage in sabbath rest can be a helpful exercise when thinking through how to participate in this spiritual practice. Utilize the worksheet below to help you think about ways to sabbath. You're invited to look at the options below in order to engage in communal sabbathing. Sit down with your family, friends, or community members and brainstorm together!

Sabbath activities which bring me joy, peace, calm, and rest:

Sabbath rest we can commit to daily:

Time
Activity
Duration

Sabbath rest we can commit to weekly:

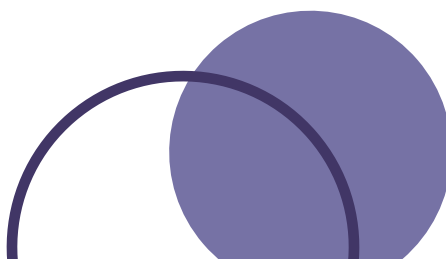
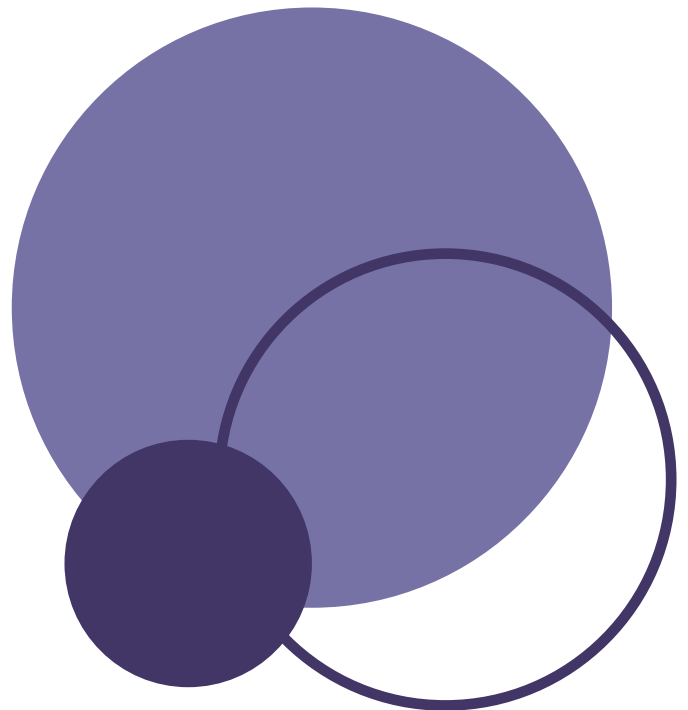
Time
Day
Activity
Duration

Sabbath rest we can commit to monthly:

Time
Day
Activity
Duration

Sabbath rest we can commit to annually:

Time
Day
Activity
Duration



Here is an example of a completed worksheet:

Sabbath activities which bring me joy, peace, calm, and rest: Journaling, unplugging, breath prayer, sleep, reading, retreats, listening to music

Sabbath rest we can commit to daily:

Time: 9pm

Activity: breath prayer

Duration: 10 minutes

A daily breath prayer exercise will help me rest in God's presence and prepare for sleep

Sabbath rest we can commit to weekly:

Time: 1pm

Day: Sunday

Activity: sleeping, reading, or listening to music

Duration: 3 hours

A weekly Sunday afternoon pause will help me resist the need to use Sunday afternoon for a flurry of activity. I can simply be in God's presence and engage restful activities which bring me joy.

Sabbath rest we can commit to monthly:

Time: 8am

Day: Last Saturday of the month

Activity: Unplugging

Duration: 12 hours

A monthly day of unplugging will give me a moment to reset. It will help me be fully present in my own life and with God.

Sabbath rest we can commit to annually:

Time: 8am

Day: Friday-Sunday

Activity: Retreat

Duration: 2 ½ days

Once a year, my community will commit to going on a sabbath retreat together.

