



Practicing
the
Practices



**SABBATH
SUNDAY**

GETTING STARTED

As with all the Practices, we don't sabbath because it's good for us, (though it is), but because we are apprentices of Jesus, our Rabbi and Lord. To follow after Jesus is to adopt his overall lifestyle as our own and arrange our daily life around his presence and peace, or what the ancients called "following the Way." And Jesus sabbathed. In fact, many Jesus stories in the Gospels take place on the Sabbath, especially the stories of healing and deliverance. One likely reason is that the Sabbath is a day for healing and freedom. It's a day where the kingdom to come has come, and we get to enter into a whole new dimension of time and space. So as you give yourself to this Sabbath Practice, remember all of this is an attempt to give ourselves more deeply to Jesus himself and let him do what no Practice or teaching or book or podcast or technique can possibly do - give rest to our souls.

(Excerpted from The Sabbath Guide)

Practicing the Way

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PART ONE: STOP

Avoid work emails, chores, business calls, and general worrying about all things productivity.

Suggestions:

1) A 90 Minute Phone Fast

During Sabbath Sunday, collect all phones into a "phone locker". (Think shoe box or something similar) Put the phones on "Do Not Disturb mode, or turn them off.

2) Create a "Not To Do" list.

You know yourself. What are the impulse activities that fight against you and your family? Make a list of what you will not do on Sabbath Sunday.

3) Read Scripture

Read a Psalm. Read it slowly. Read it thoughtfully. Spend a few minutes considering how God's Word should shape your day.

PART TWO: REST

Rest is needed to give our minds and bodies time to recover from work and toil. Rest allows us to recharge, so that we might live FULLY!

To be faithful friends, spouses, parents, and neighbors - we need rest.

Today, feel free to take a nap. Read a good book. Sit in your favorite spot.

Suggestions:

1) Go grocery shopping and stock your pantry and fridge ahead of Sunday.

2) Clean or tidy your home or apartment ahead of Sunday.

3) Run any errands or pay any bills that need to be sorted before you can rest.

4) Schedule your rest. (and let everyone living in your home or apartment know the schedule)

Find a quiet, distraction-free place and time to breathe and come to rest in God.

PART THREE: DELIGHT

Timothy Keller has said, “Because the world is full of ugly things, we need the Sabbath to feed our soul with beauty.”

Sabbath doesn't have to be a boring day of legalistic duty. No, Sabbath is a day to delight. It's a day to celebrate and be joyous. Especially with others.

Suggestions:

- 1) Invite friends over for brunch, dinner, or dessert. Go all out with your favorites!
- 2) Take a walk, go on a hike, go for a bike ride, fish by the lake, or sit by the fire pit.
- 3) Play a board game with your kids or friends. Have a dance party.
- 4) Listen to your favorite music. Read a book. Cuddle with your spouse.

Enjoy the life you've been given!

PART FOUR: WORSHIP

Ultimately, Sabbath is a holy day – set apart for and dedicated to God himself. Early Christians called it “the Lord's day.” It's a weekly day of worship by which we cultivate a spirit of worship all week long.

Suggestions:

- 1) Begin the day with private prayer. Give the Lord your day and open your heart to receive the Lord's blessings.
 - 2) Pray corporately around the brunch or dinner table, giving thanks to the Lord - for he is good and all the good things he has done.
 - 3) Read a Psalm. Read it slowly and thoughtfully. Try Psalm 3, 23, 37, 103, or 105.
 - 4) Listen to a hymn. Spend a few moments in worshipful reflection.
 - 5) Give. Be generous to the work of the church. Share the Lord's blessing in your life with someone in need.
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