



SABBATH

DESCRIPTION

We live in a cultural moment of restlessness. The unsatisfied desires of our human condition are exacerbated by the barrage of digital marketing from a consumption-oriented, consumer-driven economy. But rest doesn't come from buying a product; it comes from Sabbath. A word that literally means stopping. The Sabbath is an entire day set aside to stop - stop working, stop wanting, stop worrying, etc.—and to simply rest in God's presence.

HOW TO PRACTICE

- Mark out a 24 hour time period (or as close as you can) to rest and worship. (There are three common variations of this Practice:)
 - The traditional Sabbath: from 20 minutes before sundown Friday night to the same time Saturday late afternoon. (This works well for people who are especially busy on Sundays with church activities or other events.)
 - The Lord's Day Sabbath: from the Sunday morning (or sometimes Saturday night) gathering, through bedtime on Sunday. (This works best for most people, as Sunday is the calmest day in the city, and we already set aside time to worship as a community.)
 - The midweek Sabbath: any day during the week. (This works best for people with odd or sporadic work schedules and have a midweek day off.)
- Pick a ritual to clearly begin and end your Sabbath
 - Much of the Sabbath is about rhythms and rituals that set aside the day as "holy." Beginning and ending with a marked moment will help you settle into rest, and help you reenter the week with a restful spirit.
- Spend an entire day in rest and worship.
 - Fill your day with activities that are life-giving for your soul. Begin to distinguish between recreation and restoration. Begin to transition from entertainment, TV, social media, shopping, and going "out," to activities that deeply connect you to Jesus and his rest.