

SABBATH SUNDAY

“Are you tired? Worn out? Burned out on religion? Come to me. Get away with me and you’ll recover your life. I’ll show you how to take a real rest. Walk with me and work with me—watch how I do it. Learn the unforced rhythms of grace. I won’t lay anything heavy or ill-fitting on you. Keep company with me and you’ll learn to live freely and lightly... Come to me, all you who are weary and burdened, and I will give you rest.” - Jesus Christ (Matthew 11)

Sabbath is a holy and sacred rhythm commanded by God for our good--a time to practice the art of rest. While this is not something that always comes easy to us, we recognize the innumerable blessing of finding our value and worth not in what we do but in who God has created us to be. When we set aside intentional time to quiet all the noise and to be present and delight in the life we have been given, we are reminded of the goodness of God. As we head into a new year, we want to set aside one day as a community where we pause our normal activity and create intentional space and time to connect with God. Whether you can dedicate an entire day to solitude or commit to just a few

moments, we believe the intentional act of sabbath has the power to transform us from the inside out. Below you will find a few different suggestions for ways to participate in Sabbath Sunday but you are also free and encouraged to respond to the spirit working in you and to rest in a way that feels authentic to you. We challenge you to try one of the things below to start and, one by one, find the space and time to try them all. We pray this Sabbath Sunday will be a sweet reminder of God's love and affection for you!

Simple Sabbath Practices

1. **PUT AWAY:** phones and feeds for a while, work, and things that distract your attention, cause worry or seduce you away from peace. Try to not pick up, engage in, think about these things for a dedicated period of time.
2. **PAUSE:** throughout the day to stop and take three silent, mindful breaths. Then go on. Notice if these moments of brief respite reorient you to God moving and working throughout your day.
3. **PRAY:** acknowledge the goodness of God and his love for you. Take moments throughout the day to pray for the things that bring you stress

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and worry. Pray for the ability to surrender and to see yourself the way God sees you. As he speaks to you, write down and reflect upon what you are hearing.

4. **PRAISE:** write down and/or speak out loud things you are grateful or hopeful for; thank God for his blessings and speak aloud blessing over others - family, friends, leaders, co-workers, neighbors, and, yes, even enemies.
5. **PAMPER:** yourself and your body. Take a guilt-free nap. Eat something delicious. Take a long shower or leisurely bath with music, special scents, candles. Get a massage. Be intimate with your spouse. Walk on the beach. Order take-out. Let others meet your physical needs.
6. **PLAY:** do something fun for you, purely for the love of it...hike, play a game, watch a movie, read, cook, etc. Notice and enjoy those in your life who play alongside you.
7. **PRACTICE PEACE:** take a moment (or a full day) to relax and just to be, with no other purpose or agenda or plan beyond that. Do it without excuse or justification or guilt, trusting that it is needed and good and even commanded all on its own.

“Every person needs to take one day away. A day in which one consciously separates the past from the future. Jobs, family, employers, and friends can exist one day without any one of us, and if our egos permit us to confess, they could exist eternally in our absence. Each person deserves a day away in which no problems are confronted, no solutions searched for. Each of us needs to withdraw from the cares which will not withdraw from us.”

— Maya Angelou