



# SABBATH



## What is Sabbath?

From the very beginning God built into the fabric of creation a rhythm of work and rest; when we live within that rhythm we thrive as part of the creation. Long before sabbath becomes a command, it's given as a gift and an invitation to create space to enjoy God's presence. The practice of sabbath is a realignment with the way of God set forth from the beginning; it's not a command we are bound to, but a promise we're invited to enjoy.

### Scripture to consider:

"By the seventh day God had finished the work he had been doing; so on the seventh day he rested from all his work. Then God blessed the seventh day and made it holy, because on it he rested from all the work of creating that he had done." - **Genesis 2:2-3**

"Then he said to them, "The Sabbath was made for man, not man for the Sabbath. So the Son of Man is Lord even of the Sabbath." - **Mark 2:27-28**

## Practicing Sabbath

### Stop Work

Sabbath is a 24-hour period to turn off productivity and turn off phones - a prophetic act by which we declare, "My identity is not found in what I do, what I know, or how I manage my image. If 24 hours feels like too much to start, set aside a few hours and build on it.

### Enjoy Rest

You may find the practice of Eucharist life-giving, in which you reflect on the previous week with others and thank God for different moments, finding how He was present.

### Practice Delight

At first, Sabbath is fun, exciting, and effortless. But a few weeks in, you may get depressed. What may be happening is something like a detox from busy life. Stay the course... on the other side, there remains a deeper delight.

### Contemplate God

Sabbath is a day we train our bodies, minds, and spirits to be in constant union with God. There is no one way to do this, but silence is very important. Sit before God, hands open and heart open to receive from Him.

## Learn and practice in community

[practicingtheway.org/sabbath](http://practicingtheway.org/sabbath)