

Sabbath

“A 24-hour period of unhurried delight, with no have-to’s or “shoulds”, which results in deep rest and renewal.”

Stop.

We can’t keep working forever. We need a regular time to recognize that we won’t finish all of our work and God doesn’t need us to. He’s the one that accomplishes and manages the world. When I stop I notice that God delights in me and I don’t have to do anything for that to be the case.

“God often does stop us when we repeatedly violate our limits and disregard our need for rest. If you refuse the gift of Sabbath, sooner or later, one way or another, you will find yourself flat on your back- emotionally, physically, and/or spiritually.”

Rest.

God has designed creation to rest and rest points to where creation is headed.

We’re headed toward a rest where all of our effort is fully defined by our being in God’s presence and delight.

“God is never described as being busy. The only spiritual entity described as busy in Scripture is Satan”

Delight and Reflect.

We are meant to enjoy creation and God’s presence. This isn’t just a day off but a day to contemplate God and a day to play.

My current practice: I read a book about Jesus and a book about science fiction.

There’s play and there’s revelation to the Sabbath.

Next steps?

- Identify a 24 hour block of time. [work toward this if needed]
- Prepare for Sabbath. Identify what tasks need to be accomplished in your week. Create a transition time where last minute tasks are taken care of.
- Make a list of what brings you delight. Consider what places, activities and people that energize you. What feels like play?
- Consider how you will contemplate God. Spend intentional time listening God in Scripture, prayer, silence, and creation.

What about kids?

We sabbath with our boys. We have a goal that Sabbath will be their favorite time of the week. They get to play with their parents. They hear that God’s desire for us as a family is to have meaningful connection with one another. Sabbath teaches our boys that God is good.

We start Sabbath with communion.

They clean their rooms before Sabbath and not during Sabbath. But we do put away LEGOs after playing with them during Sabbath.