

Sabbath Worksheet

Key Questions to Consider

- When's the last time I kept Sabbath? What is endangered in my life by not keeping Sabbath?
- What hinders me most from observing Sabbath?
- How can I nurture Sabbath-keeping? How can I best prepare to keep the Sabbath? What might I have to clean or hide to prevent distraction?
- How can I incorporate standard Sabbath practices of worship, prayer, and extending reading and listening of Scripture? What books or portions of Scripture do I want to read?
- Which idols surface as I keep Sabbath?
- What does play look like for me?
- What do I consider work?
- What does it mean to cease productivity and accomplishment?
- What relationships do I need to reconnect? Who can I bless/serve?
- What activities bring me most delight?
- What helps me cultivate my imagination?

Ideas for Sabbath Keeping

For all:

- Light 2 candles to "observe" and "remember" the Sabbath.
- Select a special song to sing/play regularly on the Sabbath.
- Try to minimize conversations that are work-related, and consider conversations that cause people to dream, imagine, laugh and be grateful.
- Intentionally nurture a sense of self that is not grounded in productivity or accomplishments but in God's gracious and unfailing love. Encourage someone else in your community to do the same.
- Think about the past week and do a self-counseling project.

For families and friends:

- A time for short (one sentence or two) blessings on family members:
 - A short blessing from the husband to the wife and vice-versa. E.g. "Lord, bless X with a deep joy in you in the coming week."
 - A short blessing on the children by parents & parents by children.
 - You may want to write these blessings down for each of the 52 weeks.
- Sabbath toy box for children to be played with only on Sabbath.

Timing

1. What day of the week can you consistently keep a 24 hour Sabbath? Consider if the Jewish conception of Sabbath as sunset until sunset may be more fitting for you than sunrise to sunset.

S M T W T F S

2. What hours of the day do you want to preserve as Sabbath?

Start time: _____ End time: _____

My Ideal Sabbath

Do this section last. Write down a sketch of how you will spend your Sabbath in the coming season.

Morning:

Afternoon:

Late Afternoon:

Evening:

The two people with whom I will share this document to keep me accountable are: 1. _____ 2. _____

Developing a Sabbath Plan

Sabbath Practices

(From Marva Dawn's *Keeping the Sabbath Wholly*)

I. Ceasing (deepens repentance)

- A. Ceasing Work
- B. Ceasing Productivity and Accomplishment
- C. Ceasing Anxiety, Worry and Tension
- D. Ceasing Our Trying to Be God
- E. Ceasing Our Possessiveness
- F. Ceasing Our Enculturation
- G. Ceasing the Humdrum and Meaninglessness

II. Resting (strengthens faith in God's grace)

- A. Spiritual Rest
- B. Physical Rest
- C. Emotional Rest
- D. Intellectual Rest
- E. Aids to Rest
- F. Social Rest
- G. An Ethics of Character

III. Embracing (integrates beliefs into practice)

- A. Embracing Intentionality
- B. Embracing the Values of the Christian Community
- C. Embracing Time instead of Space
- D. Embracing Giving Instead of Requiring
- E. Embracing Our Calling in Life
- F. Embracing Wholeness--Shalom
- G. Embracing the World

IV. Feasting (heightens eschatological imagination)

- A. Feasting on the Eternal
- B. Feasting with Music
- C. Feasting with Beauty
- D. Feasting with Food
- E. Feasting with Affection
- F. Feasting and Festival
- G. Sabbath Ceasing, Resting, Embracing, and Feasting

Practices

Referring to the "Sabbath Practices" section, circle the practices you want to prioritize during this season. Elaborate on particular practices below. How can you make this more concrete and specific?

Ceasing (deepens repentance)

Resting (strengthens faith in God's grace)

Embracing (integrates beliefs into practice)

Feasting (heightens eschatological imagination)