

DISCUSSION QUESTIONS

- When is the last time I kept Sabbath?
- What is endangered in my life by not keeping Sabbath?
- What hinders me most from observing Sabbath?
- What do I look forward to most about practicing Sabbath?

TIMING

- What day of the week can I 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

- What hours of the day do I want to preserve as Sabbath?

Start time: _____ End time: _____

- Set this day as Sabbath on your calendar now, recurring each week.
- How can I best accomplish this?

PREPARATION AND CEASING

What activities do I need to complete each week, before my Sabbath, so that my Sabbath is free? *Work through the following questions:*

- What do I consider work?
- Consider the necessity of *ceasing* the following things.

- Work	- Possessiveness
- Productivity and Accomplishment	- Enculturation (the world system)
- Anxiety, Worry and Tension	- Humdrum and Meaninglessness
- Trying to Be God	
- What must I cease on my sabbath? *MAKE A LIST:*

<input type="radio"/> _____	<input type="radio"/> _____
<input type="radio"/> _____	<input type="radio"/> _____
<input type="radio"/> _____	<input type="radio"/> _____
- Which idols surface as I keep Sabbath? Temptations to break my Sabbath commitment will most likely include:
- What can/must I do prior to my sabbath (work ahead, pay bills, chores, etc.), so my sabbath is free and temptations are eliminated? *MAKE A TO-DO LIST:*

<input type="radio"/> _____	<input type="radio"/> _____
<input type="radio"/> _____	<input type="radio"/> _____
<input type="radio"/> _____	<input type="radio"/> _____
- Who will be affected by my observation of Sabbath, and how will I inform them of my plans?

RESTING AND FEASTING

Resting

Strengthens faith in God's grace

- + Spiritual Rest
- + Physical Rest
- + Emotional Rest
- + Intellectual Rest
- + Aids to Rest
- + Social Rest

Feasting

Heightens eschatological imagination

- + Feasting on the Eternal
- + Feasting with Music
- + Feasting with Beauty
- + Feasting with Food
- + Feasting and Affection
- + Feasting and Festivals (Party!)

- What does play look like for me? What activities bring me most delight? What helps me cultivate my imagination?
- What relationships do I need to reconnect? Who can I bless/serve?
- 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?
- What are my sacred pathways? How can I add more time for those on my sabbath?

SUPPORT AND SHARING

- Person(s) with whom I will share my Sabbath journey, to support me and keep me accountable.
- Who can I share the idea of sabbath with and encourage them to begin?

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.
- Minimize conversations that are work-related. 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.
 - + Consider writing these blessings down for each of the 52 weeks.
- Sabbath toy box for children to be played with only on Sabbath.

MY IDEAL SABBATH

Write a sketch of how you will spend your Sabbath in the coming season.

Morning:

Late Afternoon:

Afternoon:

Evening:

