



A GUIDE TO STARTING SABBATH

[M]ake it your ambition to lead a quiet life...1 Thessalonians 4:11

[T]hey shall all sit under their own vines and under their own fig trees, and no one shall make them afraid... Micah 4:4

Sabbath is:

1. **Delight:** Sabbath allows us to put our desire in its proper place - in God - and all other desires in their proper place below God. Sabbath is a gift from God. Observe it, gear up for it, plan it out in advance, make it special, approach it with anticipation, celebrate what is good.
2. **Worship:** Make your sabbath the pinnacle of your week. It will recharge you to go into the first half of the week and is something to look forward to in the last half. Make it a celebration and something to look forward to. It's about holy moments with God, gratitude and appreciation.
3. **Reorientation:** Sabbath is about remembering your story and God's story. Share or retell stories about you and your family. Use this time to push back against the influence of the world and the hustle and bustle. We can slow down, consume less, spend less and trust God.

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

STEP 1: Set a time and duration

Recommendation: Friday dinner till Saturday afternoon. This way you'll start your sabbath with dinner, family/friend time then sleep. You'll have margin to accomplish to-dos Saturday evening.

STEP 2: Plan in advance

You want your sabbath to be something you are looking forward to. Figure out ways to make it special - light candles, read scripture, use the special plates, take communion, cook a favorite meal, listen to special music, create art, play a light hearted game. Get these things ready throughout the week so you're not rushing to get them on sabbath.

Example of do's and don'ts - suggestions not rules!

DO'S		DON'TS
● Take a walk	● Hang with friends	● Technology (phones, TV, computers)
● Ride a bike	● Make love to your spouse	● Addictions
● Read a book	● Listen to music	● Email
● Read the Bible	● Write a thank you note	● Work
● Say a prayer	● Read scripture	● Spend money
● Create art	● Read a liturgy or devotion	● Eat out
● Take a nap	● Watch the sunset	● Housework
● Make a meal	● Wear comfy clothes	● Social Media
● Go to a park		● Shop
● Hike in nature		● Hurry/Worry
● Swim		● Homework
● Sleep in		

STEP 3: Begin

The most important thing is just to begin, even if your sabbath doesn't look perfect the first time around. The great thing about sabbath is that it is a rhythm and you get 52 tries a year to make it better.