



## The practice of being – Sabbath keeping

Learning to pause and “just be” is important. How often do you say or think, “I’m so busy!”? The word Sabbath comes from the Hebrew word *shavat*, meaning “to cease and desist.” Historically for Christians, Sabbath has been observed on Sundays, when we cease our regular schedule and rest from the busyness of our lives, oftentimes attending worship. Yet, Sabbath doesn’t only have to be on Sunday. Maybe Sunday isn’t a good day for you, because it’s become more work and less rest as you are involved in church-related activities. Sabbath can be observed any day of the week. As with other disciplines, Sabbath isn’t only for focusing on what we aren’t doing, but instead *what we choose to do with our time*. In ceasing from the schedule of our everyday lives, we free up time to truly rest, to embrace wholly our relationship with God, and to feast on God’s presence in our lives. The Sabbath is God’s gift to us so that we’ll always have a day to rest, play, and enjoy creation. Here are four ways you can keep the Sabbath:

- Ceasing: work, stress
- Resting: spiritually, physically, emotionally, intellectually
- Embracing: Christ-based values, time, giving, wholeness, creation, the world
- Feasting: music, beauty, food, affection, hobbies/interests

In the space below, write your current Sabbath practice(s) or take time to brainstorm ways in which you can begin taking a Sabbath.

This week, be intentional to take a Sabbath. If this is new to you, you might consider carving out a chunk of time on a specific day. Keep it up for at least a month. If you start with a chunk of time, consider giving more time each week so that you can build up to a whole day.