



THE Resistance

Overwhelm evil by doing good.

A Guide To Keeping The Sabbath

The Sabbath is a 24-hour period blessed by God and set apart for the purpose of restful worship. Ancient Jews commonly practiced the Sabbath from Friday evening and into Saturday afternoon. Culturally, many modern Christians refer to Sunday as the Sabbath day. The truth is there are no scriptural rules on when the Sabbath must take place. As believers, we have the freedom to establish our Sabbath at any time during the calendar week. The purpose of this document is to help you form an understanding and a plan for how to keep your own Sabbath rhythm.

Start with a plan.

The Sabbath can be viewed as a weekly holiday and any holiday that is going to be properly celebrated requires preparation. In order to maximize your sabbath, take special care leading up to it to ensure that your schedule and task list are conducive for rest. This likely means that you need to tackle some chores, run some errands, and make some arrangements to avoid as many distractions as possible. Remember, Jesus reminded his followers that the Sabbath is not a rule to be followed but a gift to be enjoyed. There will likely be some basic everyday work that has to be accomplished on your Sabbath. You will need to feed and care for yourself and if you have children you are bound by law to feed and care for them too. The goal is to minimize your must-do's as much as possible so that the majority of your time and focus can be on rest and worship.

Develop a strong routine.

Many people find it beneficial to begin and end their Sabbath the same way each week. Think of it kind of like a kick-off and closing ceremony. This can be as simple as a prayer or a special reading or even a fun tradition (like a toast, a meal, etc.) You can close your Sabbath the same way. This is a helpful way of moving into and out of the Sabbath with intentionality. Once you've established how you begin and end the Sabbath, work to find a good routine of activities and practices that help you rest throughout your 24-hour period. Again, your sabbath is designed to be life-giving, not life-taking. Find a routine that works for you and leaves you feeling rested. Some might benefit from a long walk on their Sabbath. Others might benefit from a long nap. Some might enjoy a hike and some might enjoy a quiet corner of a coffee shop. Plan activities that have a proven track record of leaving you feeling renewed. This step is especially important if you are planning your Sabbath with your spouse and kids. Make sure that everyone has a voice and that you are practicing a good balance of activities that makes everyone feel included.

Settle into a consistent rhythm.

As keeping the Sabbath becomes more regular for you, be intentional to allow yourself to fall into a consistent rhythm. The more that your Sabbath becomes muscle memory the more beneficial and restful it will prove. This is also a great way to begin allowing your perspective to begin to shift. The goal of the Sabbath is that your rest in and with God flows into the work you will accomplish for the next 6 days. Initially, it's very possible that your Sabbaths will feel more like recovery than they do preparation, but as they become a consistent rhythm that mentality can begin to shift. Work towards allowing your Sabbath to be more focused on what God is preparing for while still creating time to celebrate what God has already seen you through.

Maintain flexibility.

Life changes. We have all learned that lesson. As life changes so do schedules, routines, and rhythms. Don't be discouraged by that. What works in this phase of life is likely not going to work in other phases. Be prepared for life's changing seasons and be quick to work back through this process each time your schedule must change. Allow your Sabbath to become a transcendent priority through each phase of life.

Resources:

Understanding the Sabbath and establishing your Sabbath plan:

Books

- [The Ruthless Elimination of Hurry - John Mark Comer](#)
- [The Common Rule - Justin Whitmel Earley](#)
- [Sabbath As Resistance - Walter Brueggemann](#)

Videos

- [Sabbath - The Bible Project](#)
- [Podcast: Sabbath Q&A with Annie F. Downs](#)

Resources for your Sabbath day:

- [The Songs of Jesus - Timothy Keller](#)
- [My Utmost for your Highest - Oswald Chambers](#)
- [Praying The Message of Jesus - Eugene H. Peterson](#)
- [Enjoy The Silence - Maggie & Duffy Robbins](#)
- [Every Moment Holy - Doug McKelvey](#)

Places to visit on your Sabbath day:

- Doe Run Park
- Big Bone Lick Park
- East Fork Lake beach and hiking trails
- Eden Park
- Devou Park
- Lesko Park, Aurora, IN
- New Richmond, OH - small town on the river
- George Rogers Clark Park

- Rabbit Hash
- Highland Cemetery trails
- Spring Grove Cemetery
- Boone County Arboretum
- Conservancy Park Belleview
- Left Bank Coffeehouse
- Carabello Coffee
- Velocity Bike & Bean
- Roebling Point Books & Coffee
- Coffee Emporium Downtown
- Coffee Emporium Hyde Park