

Sacred Rhythms

Spiritual Practice of Sabbath

I gave them my Sabbaths as a sign between us,
so they would know that I the Lord made them holy. *Exodus 20:12*

There remains, then, a Sabbath-rest for the people of God;
for anyone who enters God's rest also rests from their works,
just as God did from his. *Hebrews 4:9-10*

The Sabbath was made for human beings, not human beings for the Sabbath
Mark 2:27

Sabbath keeping is more than just taking a day of rest; it is a way of ordering one's life around a pattern of working six days and then resting on the seventh. It is a way of arranging our life to honor the rhythm of things - work/rest, fruitfulness/dormancy, giving/receiving, being/doing, activism/surrender. The day itself is set apart, devoted completely to rest, worship, and delighting in God, but the rest of the week must be lived in such a way as to make Sabbath possible. Sabbath does not have to be Sunday, but one of the seven days of the week.

Do not make Sabbath keeping a weighty exercise. Explore it with delight, as though you and God are learning together how to make the day special for both of you. Then, be as intentional about protecting it as you can be, but do not become rigid and legalistic about it, which ruins the spirit of the day.

Decide to give one Sabbath a try. You don't have to change your whole life - yet. Just look on your calendar for one day of the week that is realistic for you and your family to set aside for Sabbath. Consider what preparations and planning are necessary for making sure that you set aside all types of work and worry on this day.

- What activities will I refuse to engage in so that it is truly a day of rest, worship and delight?
- What activities bring me delight, and how will I incorporate them? Do not plan it out too precisely; gather some ideas but give yourself one day to feel what is like to wake up and know that this is a day for you to rest and follow your bliss.
- Put the date on your calendar, and pray that God will help you to honor this Sabbath and keep it holy.
- Then just see where it starts to lead you.