



why sabbath?

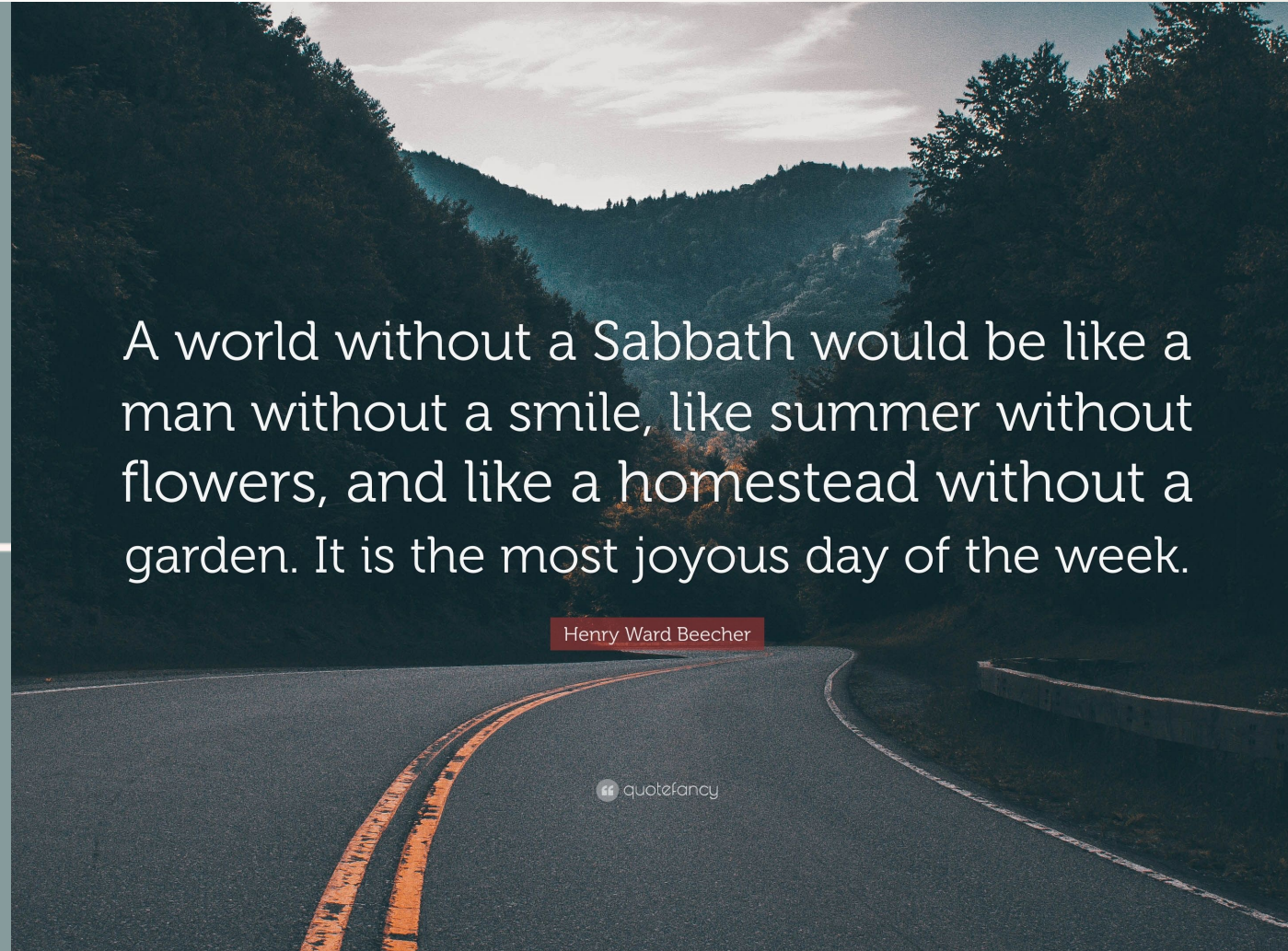
what is sabbath?

sab-bath

/'sabəTH/

noun

to cease, stop, rest



A world without a Sabbath would be like a man without a smile, like summer without flowers, and like a homestead without a garden. It is the most joyous day of the week.

Henry Ward Beecher

quote fancy

why the sabbath?

You can't go against the grain of the universe and not expect to get splinters.

C. S. Lewis



“Remember to observe the Sabbath by keeping it holy. You have 6 days each week for your ordinary work, but the 7th day is a Sabbath of rest dedicated to the Lord your God. On that day no one in your household may do any work... For in 6 day the Lord made the heavens, the earth, the sea, & every-thing in them; but on the 7th day He rested. That is why the Lord blessed the Sabbath & set it apart as holy.”

designed for humanity



“The Sabbath was made to meet the needs of people, and not people to meet the requirements of the Sabbath.”

why is sabbath so difficult?

DESIRE IS INFINITE
PARTLY BECAUSE WE WERE MADE
BY GOD, MADE FOR GOD, MADE TO
NEED GOD, AND MADE TO RUN ON
GOD. WE CAN BE SATISFIED ONLY
BY THE ONE WHO IS INFINITE,
ETERNAL, AND ABLE TO SUPPLY
ALL OUR NEEDS; WE ARE ONLY
AT HOME IN GOD.



sabbath is the choice between:

- Restfulness & Restlessness
- Margin & Busyness
- Slowness & Hurry
- Quiet & Noise
- Deep Relationships & Isolation
- Intimacy & Crowds
- Delight & Distraction
- Clarity & Confusion
- Working from Love & Working for Love
- Work as Contribution & Work as Accumulation



where do we go from here?

1. Mark out a 24 hour time period (or as close as you can) to rest and worship

- If at all possible, establish a regular rhythm of Sabbath on the same day each week.

2. Pick a ritual to clearly begin and end your Sabbath

Beginning and ending with a marked moment will help you settle into rest, and help you re-enter the week with a restful spirit. This can be a prayer, reading a Psalm, singing a hymn, or sharing a meal with family or friends.

3. Spend an entire day in rest and worship.

Fill your day with activities that are life-giving for your soul. Begin to distinguish between recreation & restoration. Traditionally there are twelve activities that mark Sabbath practice:

Lighting candles; Blessing children; Eating a meal; Singing; Worshipping with your Community; Walking; Napping; Making love (if you're married); Reading; Spending time alone with God; Spending time with family & friends; Gratitude.

This is not a "to do" list: there are no "to do's" on Sabbath! No ought's or should's. This is just a list of activities many people find restful and restorative.