

(Rest of Your Life Resources)

Card:

Weekly Sabbath

Week 1: Stop. “Be still and know that I am God.” Psalm 46:10

Start where you are and set aside an hour, half a day, or 24 hours when you will cease working and producing. Use this time to reorient your life on God through scripture reading, worship, or a walk with the Lord.

Week 2: Rest. “Come to me, all you who are weary and carry heavy burdens, and I will give you rest.” Matthew 11:28

To have intentional time to rest, be prepared. Pick up around the house, finish your texts and emails, close your office door. Then take the time you’ve set aside to rest from work of any kind.

Week 3: Worship.

“You have six days each week for your ordinary work, but the seventh day is a Sabbath day of complete rest, an official day for holy assembly. It is the Lord’s Sabbath day, and it must be observed wherever you live.” Leviticus 23:3

Honor God this week by putting weekend worship at Victory on your weekly calendar. This Thursday, January 18, bring your family and friends for our extended prayer and worship at 8 pm. Add fasting to this day as you prepare your heart to meet with God and his family.

Week 4: Delight.

“They shared meals together with joyful hearts and tender humility.” Acts 2:46

Make feasting a part of your Sabbath this week. Plan an unhurried meal with friends or family. Prepare ahead of time or order out, keep it simple. Or invite some people from church to go out to eat with you after service. Begin the meal with a prayer or a Psalm reading. Invite God to your table. Make time for God’s gift of joy in community with others.

Tips:

1. **Start small.** Take a step toward Sabbath from where you are, not from where you think you should be. Start with an hour, part of a day or 24 hours.
2. **Think subtraction, not addition.** Instead of asking yourself how you can add Sabbath to your full schedule, ask, what can I cut out?
3. **You get out what you put in.** The more fully you give yourself to taking steps to enjoy a weekly Sabbath, the more you'll experience God's centrality and rest in your everyday life.
4. **Repetition brings change.** Spiritual formation is slow, deep, and the cumulative work of repeated practices over years. Be patient as you do, learn, repeat.

Resource page:**Podcast:**

Rule of Life by Practicing the Way: 4 episodes on Sabbath

<https://podcasts.apple.com/us/podcast/sabbath-01-stop-the-rhythm-of-creation/id1646299048?i=1000580655103>

Books:

24/6 A Prescription for a Healthier, Happier Life by Dr. Matthew Sleeth
The Sabbath Practice a 4-week practical guide to find rhythms of rest and renewal through Sabbath

Keeping the Sabbath Wholly by Marva Dawn

Breathe, Making Room for Sabbath by Priscilla Shirer