

Love the Lord Your God With All Your Soul: Sabbath

Reflection

Spend some time with God reflecting on your wholeness journey. Journal, draw, color, discuss or just think about your response to the questions below. Open yourself up to God's spirit and God's still small voice this week.

Focus Scriptures

Deuteronomy 5:12-15 (CEB)

Keep the Sabbath day and treat it as holy, exactly as the LORD your God commanded:

Six days you may work and do all your tasks, but the seventh day is a Sabbath to the LORD your God. Don't do any work on it—not you, your sons or daughters, your male or female servants, your oxen or donkeys or any of your animals, or the immigrant who is living among you—so that your male and female servants can rest just like you. Remember that you were a slave in Egypt, but the LORD your God brought you out of there with a strong hand and an outstretched arm. That's why the LORD your God commands you to keep the Sabbath day.

Isaiah 58:11, 13-14a (CEB)

The LORD will guide you continually and provide for you, even in parched places. He will rescue your bones. You will be like a watered garden, like a spring of water that won't run dry. If you stop trampling the Sabbath, stop doing whatever you want on my holy day, and consider the Sabbath a delight, sacred to the LORD, honored, and honor it instead of doing things your way, seeking what you want and doing business as usual, then you will take delight in the LORD.

- 1) As you read this week's focus scriptures and/or reflect on your worship experience today, what feelings or thoughts does "sabbath" evoke in you?

- 2) Think about your relationship with time. How would you describe it?

- 3) As you think about sabbath as one of the ten commandments, read Deuteronomy 5:1-22 to put it in context. What insights about sabbath does this scripture give you? Choose one of the other passages about sabbath listed below. What picture of sabbath is coming to mind?

Additional Sabbath Scriptures

Genesis 1:27-2:4

Exodus 5:1-9

Exodus 20:7-12

Exodus 31:13-17

Isaiah 58:11-14

Matthew 12:9-14

Mark 2:23-28

John 5:2-18

Next Faith Step on Your Journey

In her sermon, Pastor Diana shared her practice of sabbath and her process of creating a sabbath practice as:

- 1) Create Sabbath Boundaries (time frame, definition of work, technology use, consumption, buying/spending, etc.)
- 2) Create Sabbath Goal/Focus
- 3) Create Sabbath Ritual

Use the above process to envision a sabbath practice for you and/or your family this week. It can be as simple as we will spend one hour together this week with no technology going for a walk. It can be as big as you would make it. Invite your family into the process and covenant together to add a sabbath practice to your lives. See the "Possible Sabbath Practices" list for suggestions.



For Families: TV Tokens

Adapted from Sabbath in the Suburbs p. 50-51

If schedules don't allow for a day of sabbath, create sabbath moments, especially around screen time.

Give each person in the family (adults included!) a coin each day, which they can spend for 30 minutes of screen time (TV, phone time, video game, etc.). [Kid question: Can we watch each other's shows? Answer: Yes! But the person whose coin it is makes the decision with no pressure!] Put those spent coins in a jar or bank. At the end of a designated time, open the bank and use the money to do something "sabbathy" together!

Possible Sabbath Practices

1. Cease work (or whatever definition of 'work' you choose to use) for a set aside period of time.
2. Cease trying to change and/or control your environment for a specific period of time.
3. Limit your use of technology.
4. Spend time intentionally connecting with loved ones.
5. Do your activities more slowly, unhurried, noticing all that you can.
6. Experience God in the ordinary moments of life.
7. Avoid commerce or limit your commerce in some way.
8. Experience the beauty of God's creation.
9. Intentionally do something out of your normal routine.
10. Eat good food.
11. Give back.
12. Find time to play and laugh.
13. Go on a trip.
14. Simplify.
15. Seek silence. Be still and know that God is God.

Continuing to Journey

Look forward. What is the next step in your wholeness journey? Write down one, simple concrete thing you can do this week. It can be a repeat of last week's faith step. If last week's didn't fit, try something else.

Check off the days this week that you attempt or complete your faith step:

- | | | |
|--------------------------------|-------------------------------|---------------------------------|
| <input type="radio"/> Monday | <input type="radio"/> Tuesday | <input type="radio"/> Wednesday |
| <input type="radio"/> Thursday | <input type="radio"/> Friday | <input type="radio"/> Saturday |

Want to Go Deeper? Here is some resource you might want to check out:



Read a Book About Sabbath — *Sabbath in the Suburbs* by MaryAnn McKibben Dana

Follow one family's yearlong experiment with sabbath living in the suburbs of Washington D.C., raising three children with two working parents and see how sabbath practices can change your life.

https://read.amazon.com/kp/embed?asin=B009HB2826&preview=newtab&linkCode=kpe&ref =m_sw_r_kb_dp_oDUXzbWTSHHH8