

# PRACTICE SABBATH

How and when will you will engage the practice this week? Choose one to focus on or try out several. How does Sabbath help you listen for the Spirit, love God and others, and be more like Jesus?

“A great benefit of Sabbath keeping is that we learn to let God take care of us - not by becoming passive and lazy, but in the freedom of giving up our feeble attempts to be God in our own lives.” ~ Marva J. Dawn

"Sabbath is that uncluttered time and space in which we can distance ourselves from our own activities enough to see what God is doing."  
~ Eugene Peterson

## SABBATH PRACTICES

- **Stop** - Stop all the things. Stop working. Stop striving. Stop pushing. Stop hustling. Just stop. Stop doing all the things that position you as the center of your world. Stop working and striving to prove yourself to others or God, consciously or unconsciously.
- **Take a Mini-Sabbath** - Use the one-minute or five-minute mini-Sabbath notecards to take a pause in your day and reorient yourself.
- **Start with prayer** - Use this prayer from the New Zealand prayer book to start your Sabbaths: “What has been done has been done. What has not been done has not been done; let it be.”
- **Enjoy a meal with others** - Gather with others for a meal and remember that God provides all good things.
- **Take a walk or do physical activity that you enjoy** - Notice and feel the muscles in your body working. Thank God for the gift of life.
- **Take a Tech Sabbath** - Check out of your phone and other technology for a pre-determined time. Notice what you have room for in your life when you're not controlled by your electronics.
- **Connect with God** - Through prayer, scripture, journaling, or listening to worship music, listen to what God might be saying to you.
- **Get outside** - Experience the goodness of God's creation.
- **Avoid more "stuff"** - during your Sabbath time, resist buying more things. Create space by clearing out clutter and donating items to others.