

SACRED RHYTHMS | planning a Sabbath

Materials: Journal, Calendar

Brief Description:

If you haven't just listened to the sermon "Sacred Rhythms: Sabbath," listening first to that may be helpful for your reflection.

Doing the Practice:

As you consider the gift that the Sabbath was intended to be, take a few moments to listen to your longing regarding the Sabbath. Where do you feel a desire for the rhythms and practices of Sabbath? Where did you feel resistance? Or if you didn't feel anything, notice that too. For as long as you need to, sit with your longings for Sabbath and whatever issues they raise for you.

Then, based on your desire and situation, decide to try one sabbath. 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- like when you will go to church or who you will include in your day- but give yourself one day to feel what it's like to wake up and know that this is a day for you to rest and do whatever brings joy that day)

- 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 that leads you.