



# SABBATH

## SABBATH WORKSHEET: A PRACTICAL GUIDE TO FINDING REAL REST

“Are you tired? Worn out? Burned out on religion? Come to me. Get away with me and you’ll recover your life. I’ll show you how to take a real rest. Walk with me and work with me—watch how I do it. Learn the unforced rhythms of grace. I won’t lay anything heavy or ill-fitting on you. Keep company with me and you’ll learn to live freely and lightly.”

Matthew 11:28-30, The Message

### PICK A DAY/TIME

When will you practice the Sabbath? Be specific. What day? From what time to what time? Ideally, find a time when you can practice Sabbath with others, especially close friends or family. You might not be able to give up a full 24 hours. That’s okay. What can you give to the Lord?

I will Sabbath from  until  on  (day of the week).

### PREPARE FOR THE SABBATH

What do you need to do ahead of time in order to step away from work, busyness, the demands & pressures of this world? The Israelites had to gather twice as much manna the day before. What do you need to do? Grocery shopping, home improvement projects, food prep, clearing you inbox, paperwork? What is hanging over your head? If you don’t prepare for the battle... these little things will become a whip in that hand of the god of this world, demanding that you get back to work.


Here are some things that I should do ahead of time in order to be able to fully let down:

## SET THE SABBATH APART FROM OTHER TIMES/DAYS. (DEUTERONOMY 5:12)

You don't plan the guys night out on your wife's birthday. That evening is set apart for your wife. And you don't plan a work trip over Christmas day. That day is different. It's special. It's set apart. Sabbath is the LORD's day. It's His. What do you need to do to make it special or set apart from other days?

Suggestion: Creating some personal or family rituals might be helpful. Some families start their Sabbath by lighting candles. Some eat a special dinner. Some have a family game night. Some begin with prayer & devotionals. The ritual isn't essential. Setting it apart is essential. What could you do to help you & your family recognize that this day is unlike other days?

I will set the Sabbath apart from other days by:



## PURSUE THINGS THAT GROW YOUR LOVE FOR GOD

(+) Create a list of practices, spaces, and people that you want to seek out on Sabbath.

Sabbath is an invitation to delight. What helps you enter fully into God's Presence, delight in Him, and enjoy life as gift?

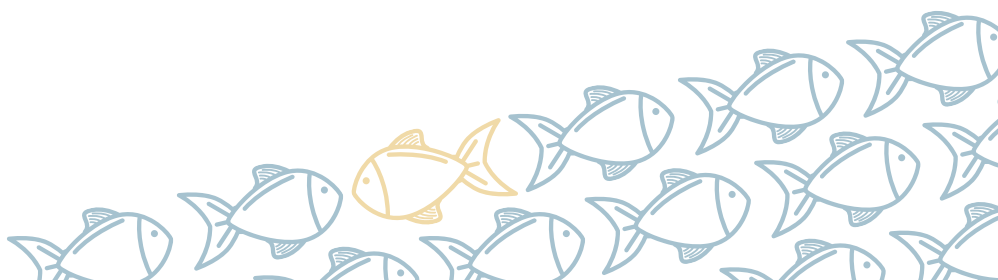
(-) Create a list of practices, spaces, & people that are not welcome on Sabbath.

Sabbath requires you say "no" to anything that threatens your freedom to truly love God and others. What "gods" of this world do you need join God in mocking & killing?

These are things I will pursue:



These things are not welcome:



## PURSUE THINGS THAT GROW YOUR LOVE FOR OTHERS

(+) Ask God to show you those who are hurting, in need (physical, emotional, or spiritual), or unloved... and treat them the way God has treated you.

Sabbath is not merely a personal discipline. It is a call to cross boundaries, to open your home to those who are not like you, to go after those who are far from God, to unconditionally love those who have only ever known love with preconditions. This might look like acts of hospitality, visitation, evangelism, or simple acts of kindness.

(-) Ask God to show you how your own selfish desires (& personal luxuries) are standing in the way of loving others... and give these up for the day. See Amos 4 & 5 for a colorful description of this problem.

Ways I might practice radical kindness:



Things I need to give up in order to love others:



## REMEMBER (DEUTERONOMY 5:15)

What will help you remember – not just intellectually, but experientially/emotionally/vividly – that you are no longer a slave to the gods of this world but a child of God? Are there books, songs, practices, or people that you need to help you really remember this truth? Make this foundational to every Sabbath.

Suggestion: Going to church is a good start. Our prayers, songs, readings, confessions, sermons, and communion table are designed to help you remember who God is, who you are, and what He has done. Preparing your heart to receive this can help you experience it more deeply.

Here is how I will experientially remember who God is, who I am, and what He has done for me:

