



SPIRITUAL PRACTICES: SABBATH

I. SABBATH

A. WHAT is Sabbath?

Sabbath = Devoting a 24 hour period every week to rest and worship.

- Hebrew word “Shabbat” which means “to stop” and also “to delight”
- Genesis 2:2-3, Exodus 20:8-11

B. WHY Should I Observe The Sabbath?

1. Act of Worship (Exodus 20:10)
2. Jesus Practiced Sabbath (Mark 2:23-27, Matthew 5:17)
3. It's A Gift For Us (Mark 2:27)
4. Power In The Blessing of Sabbath (Genesis 1:22, 1:28, 2:3)
5. Reminder Of Our Identity (Psalm 139:13-18)
6. We Need It Physically, Mentally & Spiritually (Exodus 31:17, Matthew 11:28-30)
7. Act of Resistance To The Pattern of the World (Deuteronomy 5:15)

C. Tips For HOW To Celebrate Sabbath

1. Plan & Prepare
2. Create Sabbath “Containers”
 - Ways to commemorate the beginning and the end of the 24 hour period
 - Examples: light candles, have a meal, pray together, read a Psalm
3. Create List of Life-Giving Activities That You Will Do/Not Do During Sabbath
 - Rest & Worship are broad categories - pray and discern which activities are restorative
 - Avoid activities that draw you into unhealthy patterns, work, etc.
 - Traditional Sabbath Activities That Some Find Restful/Restorative:

- Lighting two candles to represent rest and worship

- Blessing your children
- Eating a special meal
- Singing
- Worshipping together
- Walking
- Napping
- Making love to your spouse.
- Reading God's Word
- Spending time alone with God
- Spending time with family and friends
- Focusing on gratitude

D. Additional Sabbath Resources

- *The Ruthless Elimination of Hurry* by John Mark Comer
- *Emotionally Healthy Spirituality* by Peter Scazzero
- *Subversive Sabbath* by A.J. Swoboda
- *Beautiful Resistance* by Jon Tyson

Questions or want to share your Sabbath testimony? Email me at leland@monterey.church

And it is impossible to please God without faith. Anyone who wants to come to him must believe that God exists and that he rewards those who sincerely seek him. Hebrews 11:6