



1. Sabbath comes from the Hebrew word *shabbat*, which means “to _____, to _____, to _____.”
2. Sabbath is a 24-hour block of time in which we _____
_____, _____, _____
_____, and _____.
3. Sabbath-keeping isn’t just a _____... it’s the _____.

Fill-ins: cease, end, rest, stop work, enjoy rest, practice delight, contemplate God, good idea, law

» NEXTSTEP

This week, pick one day and practice a sacred sabbath. To prepare:

Pick a 24-hour block. Pick a day that you can be consistent with so that you can create a rhythm of work and rest.

Prepare. Identify unpaid work you usually do on your day off do it during the week.

Make a list of what brings you delight. The key question here is, *What can I do that would bring me delight because it feels like play?*

Define your “container.” Identify your “ground rules.” Ask, *What will make this sabbath day different from the other six days of the week?*

Once you have picked your day, enjoy your sabbath, including these 4 elements:

Stop work. Paid and unpaid. Do only that which brings you delight.

Enjoy rest. Unplug, nap, walk, ride, go out to eat... do those things which you find restful.

Practice delight. Delight in what God has given you, just as God did when he finished creating and said, “It is very good.”

Contemplate God. Take time to ponder God’s love for you. Spend time in His word and prayer, practicing silence and solitude.

Evaluate your sabbath experiment. What worked? What didn’t? What can you do differently next time (and when will you do it)?