

HOW TO DESIGN A SABBATH REST

“The Sabbath is not only an idea. It is something you keep. With other people. You can’t just extract lessons from it.”

– Judith Shulevitz –

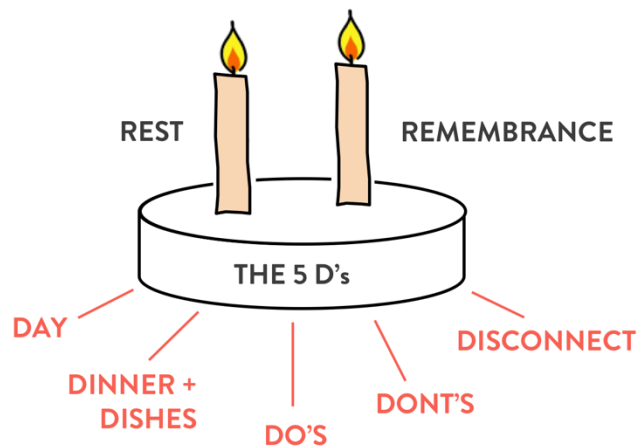
WHEN WILL YOU MAKE A PLAN?

We suggest finding 1.5 hours in your calendar, in the next week, to reflect on, and design your sabbath rest. Be specific (i.e. Saturday from 3-4:30pm).

When will you work through this booklet?

INSTRUCTIONS:

Follow the steps below to map out a plan of “rest and remembrance” to practice sabbath.



1. DAY:

What day will you practice your weekly Sabbath rest?

- Traditional Sabbath (Friday evening to Sunday evening)?
- Sunday Sabbath (all day Sunday)?
- TC Sabbath (Saturday evening to Sunday evening)?
- Other:



2. DINNER AND DISHES:

- **Preparation:**

What do you need to do to prepare for your sabbath rest?
(I.e. think about cleaning the house, doing the dishes, preparing meals for the next day etc.)

- **Ritual:**

What rituals will you create to initiate your sabbath rest?
(I.e. candles, bread, wine, psalms, thankfulness, songs, prayer, unplug from phones / devices.)

3. DO'S

- **Introvert or Extravert:**

Does your personality type (what energises you) impact how you rest / worship? What does this mean for you and your family?

- **Active or Inactive:**

What forms of activity are restful for you? What forms of inactivity are restful for you?



- **Rest:**

What does restorative rest look like for you? Be specific (i.e. books, gardening, board games etc).

- **Remembrance:**

What does worship look like for you? (i.e. prayer, journaling, walking, church gathering etc.)

4. DONT'S

What activities look or feel like work to you, & how will you reduce or remove these on sabbath? (i.e. email, cleaning, social media, online gaming, shopping, cooking, home reno's, sport).



5. DISCONNECT

Do you need to re-think your relationship with digital technology to rest and worship deeply?

I.e. are screens hindering your ability to be silent and still, and in the moment, with others, and with God? If so, what steps might you take to reduce your reliance on digital devices on sabbath?



RECOMMENDED RESOURCES

Podcasts:

- The Rhythms of Rest series by Together Church: www.togetherchurch.com.au/sermons
 - Together Church Podcast 2019 on iTunes / Podbean
- Bridgetown Church sabbath series
 - Bridgetown Audio Podcast 2019 on iTunes

Books:

- The Sabbath, by Abraham Joshua Heschel
- Sabbath as Resistance, by Walter Brueggemann
- Garden City, by John Mark Comer
- Sacred Rhythms by Ruth Haley Barton
- The Sabbath World by Judith Shulevitz

AGE AND STAGE

These notes are courtesy of Bridgetown Church: www.bridgetown.church

Sabbath looks very different based on your stage of life.

A single person with roommates has to practice sabbath very differently from, say, a young family with three kids in nappies, or a couple of empty nesters. Some seasons are harder than others to rest in. (You young families, hang in there!)

The key is to creatively engage each stage of life and practice sabbath over a lifetime.

Ideas for practice for singles:

- Spend time alone.
- Spend time with friends and family. Get coffee, go out to lunch, take a walk, etc.
- Clear your schedule of work and errands.
- Nap.
- Enjoy this season of life where you have ample time to focus on God's presence.
- Spend time in spiritual reading.
- Listen to a podcast or teaching on the Bible.
- Practice gratitude for the season you're in rather than focusing on where you might be in the future.



Ideas for practice for married couples:

- Spend time together catching up.
- Don't fight (there are six other days to do that).
- Avoid hard conversations.
- Don't talk about things that aren't restful (i.e. stuff you need to get done in the coming week).
- Talk about your personal and shared discipleship.
- Have sex! (seriously, this is a sabbath thing)
- Nap.
- Read.
- Give each other space to do what is life giving (opposites often attract, and find very different activities restful. Create space for that). Introvert married to an extrovert? Spend the morning reading in the quiet (introvert time), then go out to an early dinner with friends (extrovert). Or something like that.

Ideas for practice for young families:

- Spend time together as a family in celebration of life.
- Have one parent watch the kids for a few hours, while the other goes off to rest or do something life-giving, then swap (i.e., one parent takes a two hour block in the morning, another in the afternoon).
- Take breaks to do the daily office.
- Take your kids to the park or on a fun, restful outing.
- Make your kids nap or have quiet time, even as they get older.
- Have your kids light the candles of sabbath, and ask them what they symbolize.
- Have your kids drink grape juice when you pour the wine.
- Do highlight of the week with your kids.
- Go to bed early.
- Have a special breakfast set out for the kids to eat first thing, so the parents can sleep in and relax.
- Have a special box of toys that your kids just get to play with on the sabbath.
- Keep those video games off!
- Recognize it's hard to rest with little kids, but this is a season. Do your best. It will pass all too soon.

Ideas for practice for older families or empty nesters:

- Spend time together as a family or couple in celebration of life.
- Share a meal together.
- Do highlight of the week.
- Have a time of prayer and Bible reading as a family.
- Go on a fun, but restful outing to a park, coffeeshop, or restaurant.
- Take naps.
- Read.
- Each family member practice the daily office.