

SESSION 2

Sabbath



In this session we are digging into the rhythm of Sabbath as we explore how it continues to be as relevant today as when it was first introduced in the Old Testament. And we'll be considering what it might look like for us to carve out a day of rest each week.

“Sabbath is a deliberate act of interference, an interruption of our work each week, a decree of no-work so that we are able to notice, to attend, to listen, to assimilate this comprehensive and majestic work of God, to orient our work in the work of God.”

Eugene Peterson – Christ plays in 10,000 places

REVIVE

Breathing Prayer

‘In God alone my soul finds rest, my salvation comes from Him’ - Psalm 62:1

RELATE

- Last week we began to explore the unforced rhythms of grace that Jesus described in Matthew 11. Do you have any reflections as you have continued to think about this during the week?
- Is there something you have tried this week that you have found helpful?
- What does the word Sabbath mean to you? Have you heard of it before? What comes to mind when you hear the word? Does the word create any feelings in you?

REVIEW

Watch the video - ‘Session 2 - Sabbath’

REFLECT

- Was there anything that stood out to you, particularly, as you watched the Video on Sabbath?
- Was there anything in the video that challenged your understanding of Sabbath?
- What are the things that might get in the way of a rhythm of Sabbath for you?
- What might it look like for you to celebrate Sabbath each week? Consider the 3 words mentioned in the video – Holy, Rest, Delight
- Read the top tips and ideas for Sabbath. Is there anything that might work for you?

RESPOND

What is your take home from today?

Is there something you are going to do differently this week?

Is there something you are going to try out?

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Living Well

SESSION 2

Sabbath - Top tips and Ideas



These are just a few ideas that I have tried as I have explored what Living Well looks like for me. Some may work for you, some may not - but hopefully it will give you a few ideas to kick start your own journey!

lisa

HOLY

We start with a **Sabbath feast** and a short time of prayer!

We want to celebrate this Holy time - mark it out as special - and for us, any celebration involves food!

We **light a candle** to help us recognise that we are beginning a special time.

We start with **scripture** - often one of us will bring a short bible verse that has come to our attention during the week - again, we are human and the key here is short - everyone is ready for dinner!!

We **pray a blessing** on each other - there is a beautiful jewish tradition of parents praying a Sabbath blessing on their children that we heard about and wanted to include as part of our own celebration. We do it a little differently and each pray a very simple blessing on one other person - changing up who that person is each week.

We often **break bread** and share wine or squash together - usually we combine that with blessing prayers - passing around the cup as we pray.

And then we enjoy a lovely meal together!

REST

We keep phones to one side rather than having them on our person at all times and we very much limit their use - no work emails etc.

We make sure all chores are done and out of the way before Sabbath kicks off.

We enjoy a slower pace of life - we go to bed early and enjoy a lovely Sabbath Sleep - we read a book for pleasure - it feels completely luxurious!! Like having a holiday day every week!!!

DELIGHT

We try and keep the TV off unless we are choosing to watch a movie together - no boredom watching!

We take a lovely walk - we play family games ... 'Do something you love' is a bit of a Sabbath mantra for us!

What is the first step you are going to take towards building a rhythm of Sabbath in your life this week?

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