

SOUL: Rest & Play

Handout #1: Guide to Sabbath Rest



Guide to Sabbath Rest

1. What Is the Sabbath?

The Sabbath is a sacred day set apart for rest, reflection, and renewal. Rooted in God's own example of resting on the seventh day after creation (Genesis 2:2–3).

3. Biblical Foundations

Genesis 2:2–3
Exodus 20:8–10
Mark 2:27
Hebrews 4:9–10

4. How to Practice Sabbath Rest



Prepare ahead



Spend time with God



Rest physically



Connect relationally



Reflect and give thanks

6. Sabbath Mindset

“Come to Me, all you who are weary and burdened, and I will give you rest.” — Matthew 11:28

2. The Purpose of Sabbath Rest

- To honor God: It's a day of worship and remembrance of His creation and salvation
- To rest from labor. A time to cease striving and trust God's provision
- To renew the spirit. A time for spiritual, emotional, and physical refreshment
- To strengthen relationships with God, family, and community

5. Modern Sabbath Ideas

- Turn off digital distractions for a day
- Take communion or listen to worship music
- Go for a nature walk and meditate on God's creation
- Journal what God is teaching you through rest
- Share a family devotion or meal together