

DEEPER SPIRITUALITY:
BEST PRACTICES

Sabbath

The Sabbath is God's gift to the Church.

Mark 2:28

Sabbath (*shabbath*) means cease, rest, complete rest or desist. Sabbath (*shabbath*) is thought to be derived from the verb *shavath*, to rest. *Shabbath* does not occur in Genesis but the concept is shown in the creation account—on the seventh day God rested (*shavath*).

See Genesis 2:1-3.



Sabbath

Sabbath is a time of rest and worship.

8 "Remember the Sabbath day by keeping it holy. 9 Six days you shall labor and do all your work, 10 but the seventh day is a Sabbath to the LORD your God. On it you shall not do any work, neither you, nor your son or daughter, nor your male or female servant, nor your animals, nor any foreigner residing in your towns. 11 For in six days the LORD made the heavens and the earth, the sea, and all that is in them, but he rested on the seventh day. Therefore the LORD blessed the Sabbath day and made it holy". Exodus 20:8-11 NIV

Here in Exodus the practice of Sabbath is connected to the creation account in Genesis.

Sabbath is counter-cultural.

12 "Observe the Sabbath day by keeping it holy, as the LORD your God has commanded you. 13 Six days you shall labor and do all your work, 14 but the seventh day is a Sabbath to the LORD your God. On it you shall not do any work, neither you, nor your son or daughter, nor your male or female servant, nor your ox, your donkey or any of your animals, nor any foreigner residing in your towns, so that your male and female servants may rest, as you do. 15 Remember that you were slaves in Egypt and that the LORD your God brought you out of there with a mighty hand and an outstretched arm. Therefore the LORD your God has commanded you to observe the Sabbath day.

Here in Deuteronomy Sabbath is connected to the Exodus, deliverance from slavery and bondage.

Four Components of Sabbath

STOP: Sabbath is a day to stop working, to stop thinking about work, to stop worrying. What work—paid and unpaid—do you need to stop doing?

REST: While sleep is a vital part of rest; there are things we can give ourselves to that serve the same purpose. What activities restore and replenish you?

DELIGHT: Make time for things that spark joy, wonder or gratitude—and be grateful. What gives you joy and delight?

WORSHIP: Worship is all of life, and the rhythm of STOP, REST and DELIGHT naturally gives way to IT. Contemplate and reflect on the goodness of God.

