

CHALLENGE



SEPTEMBER: Sabbath Weekly

What is the Challenge?

Your challenge is to practice Sabbath one day each week this month. See the “What is Sabbath” sheet to learn more about the purpose and meaning of Sabbath.

How do I do this?

STEP 1: CHOOSE YOUR TIME.

Pick a day that works for your rhythm. Traditionally it is Friday evening to Saturday evening—but you’re free to choose what fits your life. You might set aside:

- 24 hours

- 12 hours

- Or even a few focused hours

Start where you can. Be consistent.

STEP 2: COMMUNICATE

Let your family or friends know. Invite them to join you or simply set the boundary.

STEP 3: PLAN YOUR DAY

How will you pray and play today as you Sabbath? Consider a simple rhythm for Sabbath:



How do I do this? Continued

SABBATH RHYTHM

- **STOP:** Pause your productivity.
 - Step away from work, chores, and digital noise like calls, emails, texts, and social media.
 - Aim for 8 hours of sleep during this period.
 - Pray Psalm 139:23-24 before bedtime: Search me, God, and know my heart; test me and know my concerns. See if there is any offensive way in me; lead me in the everlasting way.
- **REST:** Slow your body and mind.
 - Sometimes the most spiritual thing you can do is take a nap. Rest physically, mentally, emotionally, and spiritually.
 - Prepare for both external and internal resistance-external distractions such as your phone, social media, chores, or people; internal distractions like feelings or thoughts that pull you away from focusing on God and the rest He offers.
- **DELIGHT:** Enjoy God and His creation. Chose 1-3 things that bring you joy:
 - Share a slow meal
 - Take a guilt-free nap
 - Create something
 - Watch the sunrise or sunset
 - Connect with someone you love
- **CONTEMPLATE:** Recenter your heart. Receive His love. Pause a few times to reconnect with God.
 - Pray a Psalm (23, 27, 103, 105)
 - Listen to worship music
 - Sit quietly or take a walk in nature

The goal of Sabbath is about being with God, not performing for Him. Receive His love. Remember your freedom. Realign your heart.