



Sabbath

Why is a day of rest important?

The Sabbath is a day blessed by God and set aside for rest and worship. One of the most important practices of Jesus was finding rest and making time for Sabbath. The human condition is prone to restlessness and our digital age and consumeristic culture only exacerbates the problem. We must model the restfulness of Jesus, which is more than just a day, but is a spirit we live by all week long.

1. TEACHING ON SABBATH– *Being renewed:*

Key Passages on Sabbath to read and reflect on – Genesis 1:31-2:3; Exodus 20:8-11; Deuteronomy 5:12-15; Psalm 23; Isaiah 58:13-14; Mark 2:23-3:6; Matthew 12:1-13

Visit <https://practictheway.org/practices/sabbath> to listen to the following teachings to understand why Sabbath is important and discover what it can do in your life. You can also find recommended reading on this practice.



1

Rest For Your Soul

We begin one of the most important practices of Jesus with a big picture look at the restlessness of the human condition.

2

Sabbath as Rhythm

God worked for six days, and then he rested on the sabbath. He built a rhythm into the fabric of creation.

3

Sabbath as Resistance

In a society addicted to the twin drugs of accomplishment and accumulation, the Sabbath is an act of resistance.

4

Sabbath & Your Humanity

As we acknowledge our humanity and aches, we create space to encounter the God who longs to meet with us.

5

Subversive Sabbath

The whole world grows exhausted because humanity has forgotten to enter into God's restorative rest.

6

A Sabbath Meditation

With Psalm 23 as a framework, we explore what it means to rest with God as our Shepherd.

7

Stop, Rest, Delight, & Worship

People often misread Jesus' teachings on the Sabbath as negative, but nothing could be further from the truth.

8

Worship: An Adventure in Reality

In an age of entertainment & skepticism, how do we cultivate biblical habits of worship?



2. PRACTICING SABBATH – *Being intentional:*

Visit <https://practictheway.org/practices/sabbath> and click on each of these circles for more ideas and resources how to practice a Sabbath.

1

The Basics

The sabbath is an entire day set aside to stop working, stop wanting, stop worrying, and to simply rest in God's presence.

2

The Preparation Day

Sabbath takes preparation in order to be enjoyed fully. In the ancient near east, it was called the "Preparation Day."

3

Gratitude & Contentment

Gratitude is unnatural. The disposition out of which most modern humans operate is entitlement and discontent.

4

Sabbath & Your Humanity

In Sabbath we are welcomed into the space where human nature meets our God-given desire for more.

5

Sabbath & Digital Addiction

Consider the role technology plays in your life and to utilize Sabbath as a day to resist its hold.

6

Cultivating Intimacy

Intimacy is the close familiarity or comfort that you experience in the presence of someone you love.

7

Seasons of Life

Sabbath will demand varying rhythms, times, and implementation for every person and stage of life.

3. TAKE STEPS TO GROW IN COMMUNITY:

- A. To grow in this practice, what is **one idea you want to experiment with this coming week / month?** How will you do that?
- B. **Is there someone that you could connect with for mutual encouragement, learning and accountability to deepen in this practice?**¹ It might be your spouse, sibling, close friend, someone in your life group or someone else at this workshop.

¹ This is a practical way we can fulfill our vision together at TCBC "Transforming lives through Christ-centred community"

"Let us consider how we may spur one another on toward love and good deeds, not giving up meeting together, as some are in the habit of doing, but encouraging one another—and all the more as you see the Day approaching" (Hebrews 10:24-25).