

## THE PRACTICE OF SABBATH “HOW TO”

**WHAT:** Rest is a gift to us, both life-giving and commanded in Scripture. Choosing to stop, rest and have time with the Lord for 24 hours each week enables us to be renewed and restored in body, soul and spirit. This practice helps form a weekly rhythm and opens us to God’s **restoration and renewal**.

**WHY:** The purpose is to meet with God on a day marked out as different from other days in the week. It is a time for rest, renewal and re-creation, with space for a time for just you and the Lord. It is commanded in Scripture: Deuteronomy 5.12-15.

### WHERE / WHEN:

- Choose a set day each week, if possible, depending on your work schedule.
- You could rest at home, spend time outdoors, visit loved ones. Be anywhere but where you work!

### HOW:

Set up your Sabbath rest well:

- Consider whether to turn off your phone and email.
- Get household chores done beforehand to leave space to rest.
- Plan how you would like to spend your day, including having some time with God, which might include meeting with others at a church service.
- Make a list of activities which bring you delight and refreshment and try to do at least one during your Sabbath. The list could include: taking a nap, eating delicious food, watching the sun rise or set, taking a walk, your favourite self-care activity, exercise, being in nature, reading fiction, singing, visiting an art museum, having a picnic, playing a game, calling a loved one.

## **Continuing the practice: Questions to ask yourself**

**Did I meet with God?** Did I have time with God, trusting him to look after all my work responsibilities and listening to his encouragement?

**What does sustainable look like?** Is this day of the week realistic to keep going with, even as life changes? How can I ensure that there is time for re-creation and restoration on this particular day?

**Can I grow this?** If you are managing some weeks, what obstacles can you overcome to make it most or every week?

**Am I seeing changes?** As you review what you have recorded, what patterns are emerging? Change may look like:

- A better focus on work on the other days in the week
- More energy during the week for other things
- Better sleep
- Greater peace and trust, especially under pressure
- Increased love and patience towards others

**What if I find it difficult to make this time each week?** Things take time. Keep going with the practice and talk to others for support. Are you expecting a certain kind of “result”? Often listening becomes clearer over several days, as themes return and deepen.

**Struggling? Need some help?** Share the highs and lows with your group, or connect with one of the team  
via: [pastoral@stmbb.church](mailto:pastoral@stmbb.church)