

## EXERCISE

### Living the Sabbath Way

Biblically, Sabbath seems to always be a 24-hour practice: sunup to sundown. However, if you don't have a regular rhythm of 24-hour rest, a great place to start is a Sabbath half day. As impossible as it may seem, try to schedule a half day or a full day of Sabbath rest this week.

Follow this guide and trust God that he is ruling the world while you rest, he loves you more than you can image, he will provide you with all that you need, and he will meet you in this time and space.

- Decide on a day of your week that makes the most sense, and plan whether it will be morning to mid-day or mid-day to evening.
- During your Sabbath half day resolve to stop, work, delight, and worship.

**Stop:** Stop working. Think of this as a time where productivity is not required of you. Avoid trying to catch up on work, homework, housework, etc. In doing so you surrender your work to God and remind yourself that you are not just what you do.

**Rest:** Engage in restful activities. Sleep in, nap, go to bed early, etc. Let your body catch up on the rest it needs to thrive. In doing so you surrender the day and its busyness to God.

**Delight:** Participate in the things you love but don't always get to do. Enjoy a great meal, take a walk in nature, create something beautiful, have a long conversation with a friend, etc. The Sabbath is a day to say "no" to certain things so you can say "yes to better things." Enjoy the goodness of God's creation.

**Worship:** Allow the previous three movements to draw you into a natural adoration of God your Father. Stop throughout your day to tell God you love him and to thank him for who he is and what he's done for you in the person and work of Jesus.

- As you end your time of Sabbath this week, write down your reflections, and discuss this question with your family: How did an extended time of Sabbath affect the extent of rest you experienced?