

Recommended Exercises to Continue the Journey

Allow yourself to engage in a consistent rhythm of Sabbath so that this Practice can become a part of you. This four-session Practice is designed to be a starting point on a lifelong journey. It's meant to be integrated into your Rule of Life for you to come back to over and over. It takes most people years, if not decades, to really learn to sabbath as God intended, but the process will be filled with rest, delight, and worship. Through it, may you truly experience life.

Where you go from here is entirely up to you, but if you decide to integrate Sabbath into your weekly rhythm, here are some next steps to continue your practice:

Recommended reading

- 01 ***Keeping the Sabbath Wholly*** by Marva J. Dawn
- 02 ***The Sabbath*** by Abraham Joshua Heschel
- 03 ***Subversive Sabbath*** by A.J. Swoboda
- 04 ***The Ruthless Elimination of Hurry*** by John Mark Comer



Recommended exercises

01 Build a Sabbath practice with all 12 traditional Sabbath activities

Consider adding one new activity at your own pace — per week or month or season. Don't rush this; take your time and enjoy yourself.

- 01 Lighting the candles
- 02 Blessing the children
- 03 Eating a Sabbath meal
- 04 Expressing gratitude
- 05 Singing
- 06 Worshiping with your church
- 07 Walking
- 08 Napping
- 09 Making love to your spouse
- 10 Reading, especially Scripture
- 11 Spending time alone with God
- 12 Spending time with family and friends in conversation and celebration

Try all of them and keep any that you find helpful.

Note: Find a way to do each of these that are a good fit for you — your personality, stage of life, spiritual temperament, etc.

02 Go on a Weekend retreat

Find a monastery, retreat center, rural hotel, or vacation home. Book a few days by yourself (or with a few close friends or community members), for an extended Sabbath, to stop, rest, delight, and worship. The longer we give ourselves to rest, the more space it opens up in us for healing and renewal.





03 Take a week-long (or longer) Sabbath vacation

In America, 37 percent of people don't take more than seven days of vacation a year. And across the Western world, many people's "vacations" are exactly what they sound like—an attempt to "vacate" their life. They are often cram-full of activities, but instead of getting paid to do them, we pay for them. For this reason, many people come home from their vacations even more exhausted, behind, and in debt than when they began.

There is another way. While vacations to play, travel, and experience can be wonderful and life-giving, there is also a place for time off work for an extended Sabbath. In the Torah, the Sabbath was every seventh day, but three times a year all Israel would take an entire week off work to rest, worship, and feast together before God. This ancient pattern still holds wisdom for the modern world.

- Find a place that is as restful as possible—if you can afford it or have access, go to the beach or the mountains or somewhere out of the way. If not, intentionally create a restful space for yourself, wherever you are.
- Bring your community with you, even if it's just your family or a few of your closest confidants.
- Do what you do on Sabbath but for seven days. Turn off your phone, cease all work, and sleep, rest, enjoy margin, celebrate, eat, dance, talk, laugh, and above all, worship God.

May the God of
rest fill you with his
peace and presence
as you rest in him.