

Practice 4: Sabbath

(adapted from pp. 76–77 of the Practicing the Way Companion Guide available at practicingtheway.org)

Our practice for this week is to **practice a day of rest, or Sabbath**, where we stop, rest, delight, and worship. If a full Sabbath day is too much to begin, start with a half-day.

As you begin, keep in mind these things:

- **Begin by connecting with God.** This could be praying, sharing a meal, worshipping at church, or any other routine that begins and ends your Sabbath time.
- **Try to spend part of the day with family or friends who follow Jesus.**
- **Do whatever makes you come alive in God.**
- **Keep at it.** It can take months to integrate a weekly Sabbath into your life.

Planning Your Sabbath

- When will you keep the Sabbath? Set a start and end time. Consider starting your Sabbath in the evening so that you begin with rest. For example, you may start at 6 PM on Saturday and finish at 6 PM on Sunday.
- How will you mark the beginning and end of your Sabbath? You could pray a psalm—like Ps. 23 or 92. Or read aloud Jesus' invitation to rest from Matthew 11:28–30.
- What will you do with your devices?
- What do you need to do to prepare? (Grocery shopping, emails, errands, work tasks, phone calls, etc.)
- How will you include friends and family?
- What will you do to fill your heart with joy and peace?