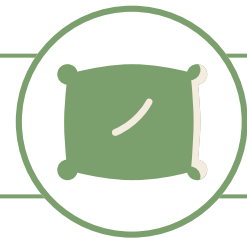


TOOL: Introduction to Sabbath

Sabbath • Weekly



“In the beginning, even before Jesus settled on the earth with us in human form, God himself practiced the habit of Sabbath. On the seventh day of creation, God rested.

When God brought God’s people out of slavery, God invited them to practice this habit - the habit of finding a day in the week to rest entirely from work. It was an invitation to practice the reality that they were no longer slaves to the cultures that had demanded so much of them.

Practicing Sabbath is about embracing our limitations - walking in the truth that we are creatures who need sleep and rest and recovery. It’s about embracing the reality that God is in control and that the work we contribute to the world and the work we do to keep those we love happy and healthy is ultimately God’s burden. Sabbath reminds us that “the world doesn’t hang on what we can accomplish, but rather on what God has accomplished for us” (Justin Whitmel Earley, *The Common Rule*).

Practice

Here are some things to think through as you begin to practice this habit.

1. Explore the tool box. Use the tools in this toolbox to help you figure out what true rest - physical, spiritual and emotional - could look like for you.

2. Prepare for Sabbath.

- Pick a day - there is nothing magical in a specific day, but planning which day you will devote to practicing Sabbath is going to help you plan intentionally.
- Prepare beforehand - practicing Sabbath is a habit that will involve all of your week! If there are things that ‘have to get done’, then you’ll likely have to consider that to-do list before your Sabbath day. What tasks can you handle earlier in the week so that Sabbath can truly be freed up for God to use to restore?

3. Let go. As much as practicing Sabbath will include you considering your to-do list ahead of time, it will also include letting that to-do list go at some point. There will always be more things that could be done or things that could be done better. Sabbath is a habit that helps remind us that so many of the things that feel urgent or necessary can actually wait 24 hours, or be 'less perfect' than we might like them to be. There is freedom, not failure, in embracing that reality.

What's next?

Dive into the tools provided! For each practice, you'll find a series of tools to help you explore and go deeper. Each tool will unpack a specific method or practical way to engage with that habit.

Within each tool you'll find three sections: (1) an introduction to the tool, (2) instructions on how to practice utilizing the tool, (3) a few questions to debrief your experience with your Praxis Group.

We encourage you to practice using a tool for at least one week before you debrief your experience. Remember, practicing isn't the same as accomplishing or perfecting! Practicing can be messy, imperfect, and a learning experience!