

TOOL: Sabbath as Restoration

Sabbath • Weekly



When we watch Jesus practice the Sabbath, one of the things that we see most clearly is that he pursues restoration on the Sabbath. We see Jesus advocate for the disciples who are trying to eat. We see Jesus defend people who come forward for healing. We see Jesus feeding the hungry and finding the lost and making straight the things that are broken in people's lives.

So often we make the Sabbath about stopping, but stopping is a means to another end: that end is restoration. We will miss the power of the Sabbath to restore if we either fail to stop at all or practice the Sabbath by focusing on stopping only and not on restoration.

What would it look like to have a day in your week that is devoted - not just to stopping - but to restoration?

Practice

As you consider your Sabbath practice this week, think through the questions below.

STEP ONE: STOPPING

What labor do you need to stop in order to make space for restoration? If you're not sure what labor is distracting you, consider starting with the tool "Cease from Labor".

STEP TWO: IDENTIFYING SPACES FOR RESTORATION

Consider the following areas of your being, and spend a few minutes with God asking God to reveal places where there is brokenness. Journal or make lists of words that come to mind. Don't worry too much about overthinking or organizing these thoughts - just see what you notice.

- What feels broken or weak in your body?
- What feels broken or fractured in your thoughts?
- What feels broken or hindered in your emotions?
- What feels broken or stunted in your relationship with God?
- What feels broken or fractured in your relationships?

STEP THREE: PURSUING RESTORATION

Look at your responses from the section above. For this week, highlight or circle one thing that jumps out to you in response to each prompt. Now, spend some time thinking of small and practical things you might do on your Sabbath to set yourself up to see restoration for that brokenness. Maybe it is something like going for a walk, or sending someone a funny text. Maybe it is writing yourself or God a letter or doing an art project. It's not your job to heal the brokenness. We don't want you to feel more pressure to do that! Instead, consider ways to put yourself in a situation where you could see restoration happen.

Debrief your experience

After practicing with this tool, debrief your experience with your Praxis Group. Below are some questions to process together:

- Check in on life. (Where are you experiencing Christ's presence this week? What burdens are you carrying?)
- What did you learn from this practice?
- Describe your experience with this practice. (What feelings came up, what went well, what got in the way? How has it impacted your relationship with God?)
- What is the next step for you?