**SABBATH PRACTICE RESOURCES**

Hey EBC family,

There’s a fine line between equipping you with resources and ideas to experience Sabbath and overwhelming you with content. My own personal journey towards discovering the beauty and importance of Sabbath has been so powerful that I probably lean towards too much content. That said, here is a brief overview to help you get started.

**Sabbath Practice –** This page references a few highlighted notes from the message I shared during our weekend gatherings, as well as some questions and thoughts about how to get started.

**Sabbath Resources –** This page lists some resources you can use to learn more about the Sabbath.

**Practicing the Way: Sabbath –** This packet is a resource that a church in Portland, OR developed to help followers of Jesus explore and practice Sabbath in community. They gave us permission to use it, so I thought I would pass it on to you as a resource you can use to practice Sabbath with friends, family, or a small group, and learn a few important truths along the way.

As you begin to receive Jesus’ invitation into Sabbath rest, may your relationship with God deepen as you grow in your understanding of His love for you!

And remember . . . HAVE FUN!

Grace & Peace,

Ben

**SABBATH PRACTICE**

1. Ceasing: Declares… I am not God

Practice:

* When does your Sabbath start and end? *If a 24 hour Sabbath does not work for you, pick an achievable time-frame that works as a starting point…like a Sabbath morning or a Sabbath afternoon. The goal is to simply begin the journey and grow from there.*
* What are some simple ways you can mark the beginning and ending of your Sabbath? *This could be a church gathering, a meal, family communion, or something different. The goal is to bring clarity and definition to the time-frame you (and your family) have set aside for Sabbath.*
* What 2 or 3 intentional stopping points will help you cease from WORK and WORRY? *This could be deciding how you interact with and consume technology. For example, putting your phone on airplane mode so that it only works as a camera, limiting the amount of screen time you and your family consume, turning off email, etc. . . The goal here is for each person to evaluate their own life and take intentional steps towards letting go of anything that tethers them to that which feels like work or fosters anxiety and worry.*

1. Worship: Declares . . . who God is

* What intentional activities nurture your relationship with God and remind you who He is? *This could be a time set aside for a walk, to pray and read the Psalms (or another part of scripture that helps you connect with who God is), to worship with your church family, to receive communion as an individual or family, to sing or listen to worship songs, etc. The goal is to anchor yourself weekly in who God is and nurture your relationship with Him.*

1. Rest: Declares . . . I am loved by God

* What are 1 to 3 intentional activities that give you life? *The activities could be as relaxed as taking a nap or reading a book or as active as playing basketball or going on a hike. The goal is to receive the love of God for you by embracing that which brings you joy and happiness. Families may want to make two lists. One that reflects you personally and another that includes things your family can do together.*

**SABBATH RESOURCES**

**Books:**

* Keeping the Sabbath Wholly by Marva Dawn
* 24/6 by Matthew Sleeth, MD
* Sabbath as Resistance by Walter Brueggemann
* Garden City by John Mark Comer

**Other Resources**

* Ted Talk: Why Our Screens Make us Less Happy by Adam Alter
* Practicing the Way: Sabbath by Bridgetown Church
* Sabbath Sermons: Reset Series at EffortChurch.org