

# How to Sabbath

The word Sabbath comes from the Hebrew word Shabbat. The word means “to stop” and to “rest”. Taking a Sabbath day every week allows us to set a day aside to be present with God. It is good for our soul, mind, and body. There is no list of ways to properly Sabbath, the Pharisees tried to do that, and it was a mess. This list is just a tool to help you rest well as you draw near to God and refresh your soul.

Taking a Sabbath has a lot to do with worship and rest. Use these as your filters on constructing your day.

- Plan: be intentional with your time. It is easy to fall into normal daily rhythms if you don't have a plan.
- Turn off the screens: Maybe not all day, but this is a day of reflection and peace. Don't numb your mind with bingeing Netflix or staring at your phone screen.
- Don't work. I know that was an easy one, but seriously don't work. No checking emails, doing chores or running to Ikea.
- Need some activity on your Sabbath day? Garden, go for a walk, take a bike ride, play baseball with some friends.
- Set time aside for reflection: reflect on your past week and months. Where has God shown up?
- Create some time to connect with God: Worship, Meditation, Reading & Prayer. Draw near to Him on this day.
- Community: Enjoy family, neighbors, and friends but don't make it busy, instead do things that fill and recharge you.