

Spiritual Practices

Sabbath Keeping

The purpose of Sabbath

- “The Sabbath as a day of rest, as a day of abstaining from toil, is not for the purpose of recovering one’s lost strength and becoming fit for forthcoming labor. The Sabbath is a day for the sake of life.”

–Abraham Joshua Heschel

Sabbath as Rest

- Mindset that even our rest must be productive
- God calls us to rest, to find peace in the midst of our feverish activity.
- Imitate God by stopping and Resting



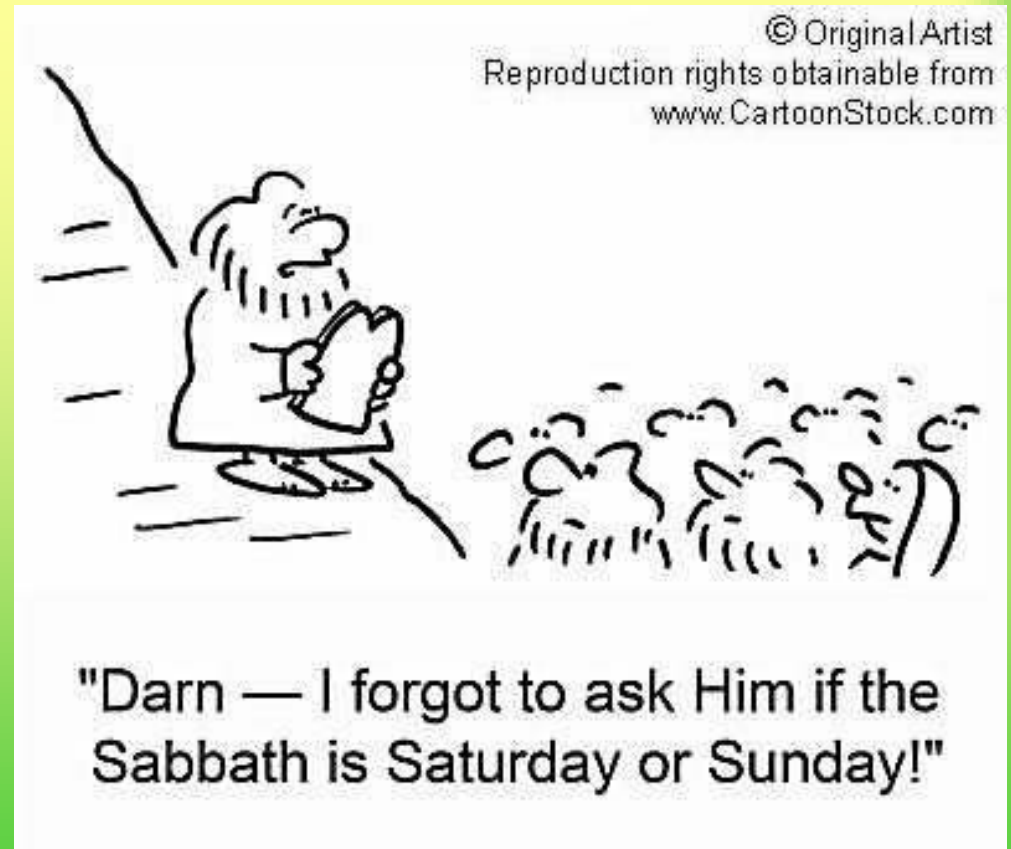
Sabbath as Receptivity

- Receive breath from God
- Receive God's grace freely given
- Receive time that is different from active daily routine
- Pay attention to life, new awareness of World
- Receptive to God's presence



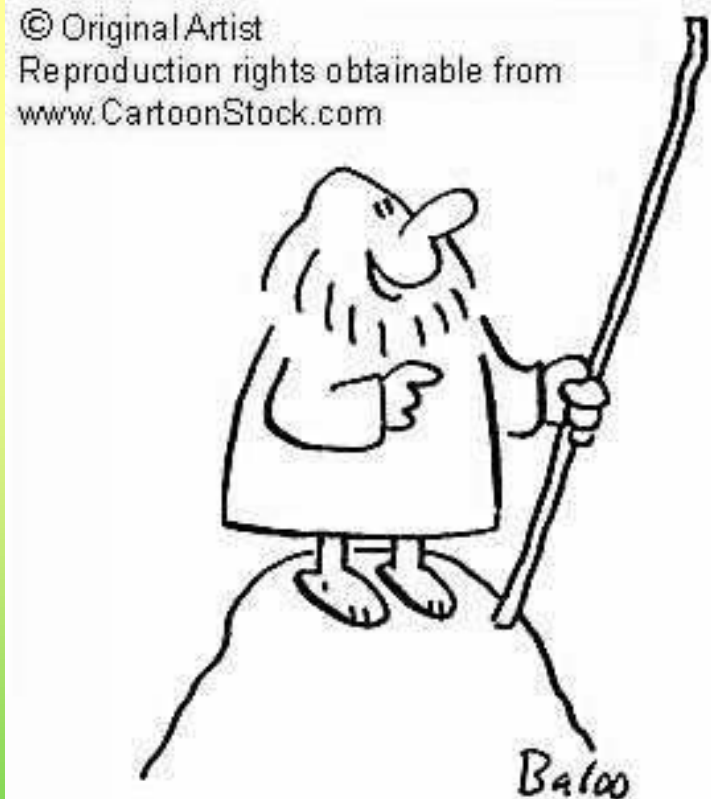
Sabbath as Refocusing

- Focus on the Holy
- Focus on Worship
- Focus on Compassion
- Focus on Eternal Sabbath



Sabbath as Play

- In our busy lives we forget to play, we forget to recreate!
- Sabbath Keeping is not only about contemplation but celebration!
- Sabbath should have element of both prayer and play.



"Hey, why don't You make the Sabbath on Saturday, and then on Sundays we can play golf!"

Resources

- Catch your Breath,
Don Postema
- Don't You Need
Some Rest, Susie
Paige
- Practicing our Faith,
Dorothy Bass
- www.practicingourfaith.org

