HOPEFULLY

DEVOTED

**Sabbath – Matthew 11:28**

**Does the word "Sabbath" conjure up images of rest or joy in your mind? What images does Sabbath bring to your mind?**

Let’s answer some Questions

**Is the Sabbath day Saturday or Sunday according to the Bible?**

(Luke 4:16; Mark 2:27; Matthew 12:1-14, Mark 2:23-28, 3:1-6, Luke 6:1-11, 13:10-17, 14:1-6, John 5:1-18)

**Is it wrong to work on Saturday or Sunday? (More on this in a little bit)**

**Why do Christians go to church on Sunday instead of Saturday?**

(Acts 13:14, 17:1-2, 18:1-4; Revelation 1:10; Acts 20:7, 1 Corinthians 16:2).

**Why don't Christians obey the Ten Commandments about the Sabbath?**

(Acts 15:28-29, Romans 14:5-6, Colossians 2:16).

**When does the Sabbath begin and end?**

**WHAT DOES THE BIBLE SAY ABOUT SABBATH AND WORK?**

**If you follow God’s commandment to rest one day a week, will you be able to hold a job, keep the house clean, prepare meals, mow the lawn, or complete your other responsibilities? Do you trust God to make this work for you?**

**Ok, I’m in, how do I do it?**

1. **Take time for inactivity -** Stop all schedule work, even ministry activities, and don't plan anything. This is analogous to Israel’s cyclical practice of letting a field lie fallow. During that seventh year, whatever grew in that field was left to come up.  People need unscheduled time to let surprising ideas crop up too.
2. **Take time for pleasurable activity -**This means scheduling time for something that brings you joy, including refreshing recreation, prayer or devotional activities, and spending time around things you find beautiful such as God's creation or art.
3. **Choose activities that recharge you, depending on whether you're an introvert or an extrovert**- If you feel recharged after relational activity, then make sure you spend time around other people during your Sabbath rest.  If, on the other hand, you need time alone to recharge, then honor that in your practice.
4. **Be aware of life seasons**- It's hard to rest consistently if you're parenting a new baby or starting a business. Be aware of busy seasons and hold yourself accountable to taking a rest after a fixed period of time. (For example: the next three months is hectic at work, so I am scheduling a vacation for January.)
5. **Reflect on things that are just, pure, and pleasing** ([**Philippians 4:8**](https://biblia.com/bible/nrsv/Phil%204.8)) - Some people find it helpful to keep a gratitude journal.
6. **Imagine your life from an eternal timescale** ([**2 Corinthians 4:17-18**](https://biblia.com/bible/nrsv/2%20Cor%204.17-18)) - look at your current situation from a distant point in the future
7. **Take stock of your priorities** - If there is a solution that promises to fix all life’s problems, and it’s not Jesus, repent of it.
8. **Try a daily rest practice** - for example reading a daily devotional or Bible reading plan or praying worshipfully at the beginning and end of every day.
9. **Decide on a weekly rest practice** -commit to one full day of rest a week, or to a weekly meeting of Christians at church or in a small group.
10. **Plan for seasonal or annually rests** - schedule a retreat, a sabbatical, or celebrate seasons of more intensive spiritual devotion, such as Advent and Lent.

“I think the church is often a culprit in the busyness, especially in the evangelical church. Again, it's part of being Americans. Part of being evangelicals too is that we're highly activist. We are always diving in, willing to solve problems, and again there's a lot good there. But we also need the theological balance that the Kingdom is not ours to bring or ours to create.” ―Kevin DeYoung