

**Some ideas to consider as you seek to honor the Sabbath Way (a sabbath day and sabbath time throughout the week):**

1. *Sabbath means ceasing from work.* As we follow Jesus, we learn to cease from our frantic focus on productivity. Taking a time away from work tells us that God is actually the provider, no matter how hard we work. In Christ I am forgiven and free, and therefore I can cease from trying to prove myself to myself, to others, and even to God! You may find it helpful to not check e-mail, voice mail, to not go shopping/run errands, to not do home projects (unless they feel more like a gift than burden - - for example: if weeding the garden is a chore and burden, don't do it. However, if weeding the garden is reflective and centering, then go for it).
  
2. *Sabbath means resting.* The rhythm of work with rest is set in all of us. As we need to sleep each night, we also need to rest from bread-winning/doing each week – so that we can rejuvenate our bodies, our minds, and our emotions. Not only that, we need to be refreshed and reinvigorated spiritually, so that we can be ready once again to do God's (and our) work in the world, because it is often very hard work to be creative and/or redemptive in our tasks for the glory of God.
  
3. *Sabbath means worship.* We need to take time out to purposely re-center our lives in the Way and Spirit of Jesus Christ. We need to deliberately reconnect with other believers as we worship together the Lord of our lives. As we celebrate who God is and what God has done and is doing, the effects are felt throughout the rest of the week. As Gideon Strauss wrote, "If we give community worship its proper place, we have done perhaps the most important needful thing in the process of putting work in its proper place."
  
4. *Sabbath means celebration of life.* Yes, we need to enjoy the goodness of all that God has given us. Rest is not only taking a lazy Sunday nap, but also playing a fun game of tag with the kids. It's going for a hike in the state park. It's enjoying music. It's having a wonderful meal with friends and family. It is good to ask for God's guidance as to what activity will be truly "re-creation."

*(some of the above adapted from an essay by Rev. Bob Robinson).*