

# SABBATH FOR EVERYONE

CEC 2024

## Sabbath Planning Worksheet

### STOP

shabbat – “to stop.” To sabbath is, at it’s most basic, to stop, to cease, to be done.

### REST

Sabbath rest is your secret weapon in the struggle against the powers of the age. An entire day, to have enough.

### DELIGHT

To enter sabbath delight will require us say no to some things, in order to say yes to joy.

### WORSHIP

The sabbath is an entire day that is set aside, not just for rest or celebration, but for God.

## WHERE DO WE START?

DO YOU (OR YOUR FAMILY) HAVE CURRENT SABBATH PRACTICES? IF SO, WHAT ARE THEY?

FOR YOU OR (EACH PERSON IN YOUR FAMILY), DESCRIBE WHAT ACTIVITIES ARE LIKE “WORK” AND WHAT ACTIVITIES ARE LIKE “PLAY.”

HOW CAN I (WE) SABBATH SO THAT I (or each person in my family) FEEL(S) REFRESHED AND ENCOURAGED?

# WAYS TO BEGIN SABBATH PRACTICES

**PREPARE: WHAT NEEDS TO BE DONE AHEAD OF TIME IN ORDER FOR US TO CELEBRATE SABBATH TOGETHER?**

## **BUILD A SABBATH PRACTICE (START SMALL AND ADD AS YOU GO)**

- Lighting the candles (to signal start of Sabbath)
- Blessing the children
- Eating a Sabbath meal
- Expressing gratitude
- Singing
- Worshiping with your church
- Walking
- Napping
- Making love to your spouse
- Reading, especially Scripture
- Spending time alone with God
- Spending time with family and friends in conversation and celebration



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## **OTHER QUESTIONS TO CONSIDER AND ANSWER:**

WHO WILL HELP ME (US) STAY ON TRACK IN THE SABBATH JOURNEY?

HOW WILL I PROCESS AND SHARE WHAT I (WE ARE LEARNING ON THE SABBATH JOURNEY?)

## **OUR SABBATH PLAN (BY THE GRACE OF GOD)**

I (WE) WILL CELEBRATE ON \_\_\_\_\_ (DAY OF WEEK)  
FROM \_\_\_\_\_ TO \_\_\_\_\_ (TIME)

I (WE) WILL PREPARE BY:

I (WE) WILL REMOVE (WHAT DRAINS YOUR SPIRIT?):

I (WE) WILL MAKE SPACE FOR (WHAT RENEWS YOUR SPIRIT?):