

The Gift of Sabbath from Salvation

Deut 5:12-15

I. Open the gift of Sabbath. Why is taking Sabbath important for us today?

II. Own up to our barriers to Sabbath. What keeps us from taking Sabbath?

III. Observe the Sabbath. How can we prepare ourselves for taking Sabbath?

A. Rest (Sun)

B. Reflect (Mon-Wed)

C. Rearrange (Thu-Sat)

Reflection Questions*:

1. What fears do you have about unstructured time? In what ways do you need to be productive in order to feel worthwhile?
2. Identify the obstacles you experience to sabbath keeping.
3. What next step can you take to begin a weekly rhythm of Sabbath?

**Adapted from Sabbath Keeping by Lynne Baab.*

Helpful Resources:

Sabbath Keeping by Lynne Baab

The Rest of God by Mark Buchanan

Emotionally Healthy Spirituality by Peter Scazzero