

Spiritual Practices

Sabbath

Objective: Reflect on your Sabbath practice and make a plan to successfully implement some of the strategies discussed.

CONNECT

1. How did your week of prayer practice go? What were some of your reflections for last week?
2. Read Mark 2:27. What is this verse saying about Sabbath?

LEARN

1. One of the things that Sabbath requires of us is both a slowing down of our life as well as a slowing down of our mind. Which of these do you find easier to do? Why?
2. Were there any sabbath practices listed that you would want to try this week? (Feasting, gratitude, play, nature, the arts, poetry, music, singing, dancing, laughter, walking, picnics, flowers, sweets, time with family, friends, the outdoors, watching the sunset, etc.) Create an “I will” list for yourself and share with the group. Is there something on someone else’s list that you’d like to add to yours?
3. What are some boundaries that you may have to set up for yourself so that you can properly practice Sabbath? Take some time in your group to write down a list of “I will not” statements for yourself. Share with the group what is on your list. Is there something on someone else’s list that you’d like to add to yours?

APPLY

This week:

1. Make a plan before you leave your group to practice Sabbath this week. What thing might you need to do to make time for this practice? (Cancel plans, prep ahead of time, make plans with others, etc.)
2. Ask yourself these questions before, during, and after trying the practice of Sabbath. Make a plan to refine your practice for the next time.
 - a. Am I taking a break from the things that I normally do during the week?
 - b. Is this restful?
 - c. Does this bring me joy?
 - d. Does this connect me more deeply with God?