

Sabbath Keeping

Sabbath is about spending time with God. So, we recommend that you do what you WANT to do as long as it is in the palpable presence of the God of the Universe.

In the Jewish tradition it is common to speak of the Sabbath as a Queen that the family might welcome into the home as a guest on a week-by-week basis. So, how can we welcome Queen Sabbath into our "crazy busy" lives?

Rest

The word Sabbath is a Hebrew word that has a pretty simple definition. And it is not a religious word at all. It means, "Stop" "Cease" "Quit". **Sabbath simply means that one day a week you are stopping all of your earning, producing and accomplishing.**

NOTICE...Listen to the sounds your house makes when there is no T.V., radio, mp4 playing. Go for a walk. Notice the veins in the leaves that process the energy from the sun. Feel the breeze on your face. Go for a walk in the rain.

TASTE...Enjoy a good meal. Savor every morsel and sip of wine. Set out your family's favorite meal and have a race to see who can finish eating their meal---last.

LISTEN...Sit and listen to the stories of your children. Listen to the tone of voice of your spouse. Listen to what they are *not* saying. Maybe even listen to the silence between you and your spouse. Have a meandering conversation with someone. Let it go wherever it goes. Have no purpose to the discussion. Be at ease with silence.

PRACTICE...on a week-by-week basis this kind of rest. It preaches the Gospel to your calendar, social media accounts, your inbox and your "to do" lists. It is a weekly reminder that you and I are not the CEO of the Universe. It reminds us on a weekly basis that we can live in deep peace because of what God has done for us.

The practice of rest preaches the Gospel to your whole life.

Re-Enter

We will have to learn how to engage and re-enter our working world with a Sabbath attitude.

- Practice mini-Sabbaths during the day. Set some sort of phone alarm to remind you to unplug for five minutes at the beginning of your day, middle of the day, and the end of the day to be still and pay attention to God. To express gratitude for the gift of the day.
- Change your expectations of those who work for you. Make it a practice to NOT email employees after hours and encourage their employees to unplug after dinner.
- Approach each day at work with less anxiety about outcomes. Work hard. Release the outcomes to God.

Learn to re-enter working life as people shaped by Sabbath rest.

