

**JEFF VANDERSTELT**



**SABBATH REST**

*A MAKING SPACE RESOURCE*

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### HANDS: GROWING IN OBEDIENCE

In this exercise, we're going to try a Sabbath as a means of teaching ourselves how to rest.

Sabbath can be described as deliberate disengagement. We make a choice to leave our normal world to remind ourselves that Jesus is the Lord of our lives, our work, and our world. But a Sabbath is also deliberate engagement in the gifts and presence of God. During a Sabbath we observe God's control, work, mystery, grace, and favor by taking time to see them apart from our control, work, and drive. To experience a Sabbath, we plan and observe a day in which we watch God work, hear His voice, and realize His faithfulness.

#### CHOOSE AND PLAN A TIME

Life in our culture is so strenuous—filled with work, activities, meetings, and chores—that we're likely destroying ourselves if we don't take a full day without those responsibilities. That's one practical reason a twenty-four-hour period is strongly recommended for a Sabbath. This can be Sunday or another day. If this practice is new for you, it will require some planning. You'll have to set aside the day and adjust meetings and activities. You'll need to prepare for this day as a family. But you'll be rewarded by taking a physical stance against the frenzied pace that rules your life.

#### WHAT TO DO ON A SABBATH

There are three simple components of a Sabbath: inactivity, prayer, and enjoyment.

- 1. PURSUE TRUE INACTIVITY.** Take time during the day to be still and practice silence and solitude. Mentally reflect on all God has done during the previous week and on the burdens you carry. Inactivity means you avoid filling the day with kids' practices, errands, and household chores.
- 2. ENGAGE IN PRAYER.** Take time to read a psalm, reflect on it, and pray. Plan prayer times beforehand and make prayer a constant priority throughout the day. Family Sabbaths can also be great; share and pray about what you're thankful for at work, at school, and at home. Give thanks for who God is and what He has done.
- 3. DO THINGS YOU ENJOY.** Sabbath is a sweet gift from a God who loves you. Consider ways you can do truly fun, enjoyable things. Go on a hike, swim, ski, paint, write, do woodworking, and eat good food, remembering that all of these activities are ways you can worship God. Avoid watching television, surfing the Internet, or devouring social media. You likely don't enjoy those things as much as you think.

## REFLECT

At the end of your Sabbath, reflect on your experience.

Was it hard to refrain from checking email or social media? Why?

Which component of observing a Sabbath was most helpful for you?

When did you feel bored or nervous? What other emotions did you experience?

In what ways did you see and hear God?

How does your Sabbath experience change the way you look forward to your usual routine?

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