

Rediscover Sabbath

“¹⁶Therefore the Israelites shall keep the sabbath, observing the sabbath throughout their generations, as a perpetual covenant. ¹⁷It is a sign forever between me and the people of Israel that in six days the LORD made heaven and earth, and on the seventh day he rested, and was refreshed.”

-Exodus 31: 16-17

The word *Sabbath* is derived from the Hebrew word *shavat*, meaning “to cease and desist”. This definition gives us some idea of what it means to take a sabbath day. God not only practiced a day of rest but invites us into that rest with God. When we work, we are subtly changing creation; ceasing work for one day a week reminds us that we are not the creator but the created. Taking a sabbath day changes how we live into the week ahead. We invite you in the month of July to rediscover Sabbath.

Four ways to keep the Sabbath:

Week 1: Ceasing

No work, no stress

Try preplanning your meals for the day, make a list of ways you will cease from work and truly rest.

Week 2: Resting

Spiritually, physically, emotionally, and intellectually

Read your favorite Bible verse and meditate on its meaning, take a long nap today, connect with someone who has been on your mind this week, start a book just for fun!

Week 3: Embracing

Christian values, time, giving, wholeness, the world

Make a list of your values and how you live them out, as a family restock the McKinney Little Free Pantry at Trinity, write cards for asylum seekers waiting at the Texas border. Work for a world where everyone can rest.

Week 4: Feasting

Music, food, play

Make a wonderful meal as a family. Serve it in your dining room, thanking God for the joy of really good food. What is your favorite sport or game to play – go play it today remembering to pray a prayer of thanksgiving that you can just play!

We serve a God who believes in restoration not busyness. We hope you take some time this month to rediscover a Sabbath day. Shalom