Sabbath Living at Impact Living

What is Sabbath Rest and Sabbath Living?

Sabbath Rest is *time spent with God*, *each other in community*, and *when we serve others* and *seek justice* in the broader community. Sabbath Living is about *consciously choosing* and *consistently practicing* Sabbath Rest, by *reordering and realigning our time, days, and priorities* to *come aside* from the world's ways and pace - individually and as a community. When we embrace and engage in Sabbath Rest as a *habit, way of being, and lifestyle*, that is what we call Sabbath Living.

When is Sabbath?

- Jewish people practice Sabbath on the 7th day of the week (Saturday) from Friday sundown to Saturday sundown.
- As Christians, we practice Sabbath the 1st first day of the week (Sunday), which is called *"The Lord's Day"* because it's the day that Jesus resurrected from the grave.
- We invite the entire ILM faith community to consciously choose and intentionally practice Sabbath for a 24-hour period from 6 pm or sundown on Saturday to 6 pm or sundown on Sunday.
- During Sabbath time, we encourage IMPACTORS to come aside and engage in activities that lead to increased rest, worship and community building.
- Keep in mind that we can practice Sabbath Rest at other times or anytime.

How can we practice Sabbath Rest?

- Sabbath Rest can be practiced in a variety of ways that reflect a spirit of coming aside for rest, worship, and community building. (See specific ideas below)
- Examples include worship, prayer, meditating/reflecting on scriptures, devotionals, journaling; quality time with children, family and friends; family and community meals; time in nature; abstaining from spending money in stores, restaurants

Why are we practicing Sabbath Living?

- To apply the biblical principles learned in the REST 2.0 sermon series (2023):
  - *#1 - Sabbath Living comes first*
  - *#2 – Sabbath Living is a gift*
  - *#3 – Sabbath Living begins within*
  - *#4 – Sabbath Living is countercultural*
  - *#5 – Sabbath Living cultivates community*
  - *#6 – Sabbath Living produces order and balance*
  - *#7 – Sabbath Living leads to freedom and joy*
- To embrace God's gift of rest that restores us, reclaims us, and reconnects us to our source of life and reminds us what really matters in life

- To help us be who we say we are (IMPACTORS) by shaping our lives around practices that allow God's Word to impact us in new and greater ways so that we impact each other, our local community, and the world in new and greater ways.
- To reorder our schedules to prioritize God, family and community
- To experience sustainable work-life balance
- To build community by deepening relationships with other IMPACTORS
- To engage in economic resistance to the world's ways and systems
- To create space for more Spirit-led spontaneous and prophetic worship, healing and contemplative prayer, silence, and reflection

Ideas for Rest*

- *Put your phone away* - Silence it, place it in a drawer or ask someone to keep it for you. Use your phone's emergency call settings so that only your children, spouse or family members can reach you *if they have to.*
- Take a nap.
- Lie down in your yard, on your porch or in a safe, public park. Watch the clouds. Then, close your eyes and listen. Offer a prayer of gratitude.
- Make a list of things for which you are grateful.
- Write God a letter.
- Sit in your favorite chair, and ask God to join you in that space. – do a puzzle, Sudoku, crossword, or color in a coloring book. Remember God is with you.
- Take a mindful walk; notice the textures and sounds around you.
- Take a sick (wellness) day.
- Read in bed. Allow yourself to doze off.
- Go to an afternoon matinee by yourself.
- Visit DoNothingFor2Minutes.com
- Keep a sabbath jar. Write down your sabbath ideas and activities on slips of paper. Fold and place them in the jar to retrieve when you need to jump-start your practice.
- Set a timer for five minutes and practice deep breathing for that amount of time.
- Sit a room by yourself for fifteen minutes – no phone, no books. Be silent. Pray. When you become restless, use the alphabet to name the people, circumstances and blessings for which you're thankful (think big and small).
- Do something creative: weave, knit, paint, write, scrapbook, draw, or make music
- Practice some form of movement: dance, stretching, or yoga.
- Try fasting from information – No social media, internet, TV, radio, or newspaper for one morning, one hour, one afternoon, one day or a 24 -hour Sabbath rest time.
- Invest in a mediation sandbox, mini waterfall, or prayer beads. Use these tangible instruments to center yourself in God's presence.
- Be silent in nature. Listen for God.
- Take a long bath.
- Spend an entire day in your pajamas.
- Sit by, gaze at, swim in or play in water.
- Do laundry mindfully. Give God thanks for each article of clothing, for water, for electricity, and for modern machinery (which many people globally do not have).

- Take a drive in the country or around the lakes with the windows down and the radio on. Sing your heart out!
- Walk a path, trail or labyrinth. Let the Spirit speak to you in ways that don't require words.

Add your ideas for rest:

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Ideas for Worship*

- Attend worship service
- Focus on your devotional intention during God during worship service; offer yourself grace if/when your mind wanders
- During worship service, give God thanks, praise and adoration. Confess the spaces where you need spiritual mending and ask God to intercede – especially in matters beyond your control. Pray that you will be refueled and infused with the Spirit for the week ahead.
- Volunteer with ILM's Young IMPACTORS for Christ. See worship through the eyes of a child.
- Sing your favorite worship songs at church or home
- Listen to devotional music in the car during your commute
- Learn to play (or revisit) an instrument; offer your music in praise to God.
- Worship outside
- Try a different form of prayer (ILM call-in prayer, contemplative, centering, meditative, extemporaneous or using prayer book)
- Make a space at home where you can offer prayers of thanksgiving, confession, and intercession to God (prayer closet, at each meal)

Add your ideas for worship:

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Ideas for Community Building*

- Share a meal with someone you know well and/or with someone you don't know well

- Introduce yourself to one person every day and/or each Sunday. Repeat his or her name when you learn it and smile.
- Commit to praying for everyone you encounter – those standing in line next to you, workers at a cash register, drivers in traffic. Everyone you see needs prayer.
- Plan a family night and keep it simple. Bake a frozen pizza and play a game. Talk, laugh, have fun.
- Meet someone at a local park. Take a walk together and catch up without your phones.
- Be intentional about playing with your own children or someone else's. Give little ones your full, undivided attention.
- Start a container garden with your family or neighbors. Grow something easy like herbs. Give God thanks for the bounty of the fruit it yields, and share your harvest abundantly.
- Pay attention to opportunities to make your community better for all who live there
- Be mindful of privilege. If you do not have to work weekends, try to limit your shopping and eating out on Sabbath. Consider the power of your wallet and how you might help others have a day off too
- Donate what you might have spent on the Sabbath for meals or shopping to your church's discretionary fund or a charity of your choice.
- Establish a monthly small-group gathering centered on a theme: prayer, games, art, food, music, books or nature.
- Take a friend or a group of children, friends, or family to a local museum. Marvel at the creative gifts God has given us.
- Try an outdoor activity with a small group: Biking, hiking, kayaking, canoeing or swimming.
- Prepare a meal for someone. Don't rush. Pray over and savor each step – and, later, each bite.
- Give a loved one (child or adult) a manicure or pedicure. Remember that Jesus washed His disciples' feet with love and a servant heart.

Add your ideas for community building:

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* From the book (with some modifications), *For Sabbath's Sake: Embracing Your Need for Rest, Worship and Community* by J. Dana Trent