

2025
practice
Sabbath



DISCOVERY
CHRISTIAN CHURCH

Writing Your Sabbath Plan

- My Sabbath day each week will be: _____
- Mark this day in/on your calendar (do it now!)
- Activities I need to complete each week to *prepare for my Sabbath*:

- Temptations to break my Sabbath commitment will most likely include:

- Who will be affected by my observation of Sabbath; how will I inform them of my plans:

- How will I prepare for/honor my Sabbath commitment if I have a paper/exam/commitment the following day?

- Activities I WILL engage in during my Sabbath (What renews my spirit):

- _____
- _____
- _____
- _____

- Activities I will avoid during my Sabbath:

- _____
- _____
- _____
- _____

- Who can help me stay accountable to my Sabbath practice: _____

- Who will I share my Sabbath journey with: _____

- Are there any additional ways I need to share/process my Sabbath journey (journal, conversations, etc):

How to Sabbath With Kids

Parents and families can face some big challenges practicing Sabbath. Expectations, personalities, differing energies levels, and so many other things can create friction in how we engage with this Practice. Having said that, Sabbath can be a rich, life-giving experience that families enjoy together. In order for families to practice this practice we need to make four adjustments and four commitments...

Adjustments:

1. **Don't equate Sabbath with Relaxation.** Too often Sabbath becomes a "personal day" or a day to catch up on all the rest we did not get during the week. But, people still need to eat, laundry folded, the lawn mowed. Sabbath is not about "doing nothing" as much as it is about being intentional in what we do. We should do our best to set up the day in such a way that we can be free to say yes to the things we really want to do! (Which might mean doing the laundry the day before). Most importantly, our job-work should be turned off so that we can be present with our people!
2. **Don't equate Sabbath with "Me Time."** It certainly could be! But to really sabbath as a family, that personal time may need to be found elsewhere or as part of the day (maybe there is a quiet time where everyone in the house does their own thing, or shifts are taken so that parents can go for a walk, etc).
3. **Don't equate Sabbath with "disengagement."** This is not a day to check out (ok, sure, check out of Instagram, or email, or your news feed but not from your people!) The gift of this day is presence to and with each other!
4. **Resist seeing your kids as interruptions.** Take care of your email the day before, block off an hour to read, do whatever you need to do to ensure that some chunk of the day you can say "yes" to your kids and spouse and the collective activity you will engage in together.

Commitments:

1. **Ceasing:** The laptops are closed, the tablets are off, there is no rush to soccer practice! The things that normally keep us moving are set aside so that we can go slower, and go together!
2. **Resting:** Again, sabbathing with kids may not be "relaxing", but it should be restful. No rushing to school, no microwaving oatmeal...this is a day to sleep in (as much as possible), to sit around the table a little longer, and to choose life-giving activities that bring us together.
3. **Embracing:** Let your kids lead some part of the day...and go with it! Even if it means doing the same simple thing over and over again. Even if it means making a big mess. Embrace it!
4. **Feasting:** This does not mean you need to spend 6 hours of the day in the kitchen preparing meals (in fact, for some of us, not having to meal prep/plan might be the best sabbath gift you could embrace!). But there should be some fun, some enjoyment: an extra scoop of ice cream, more time for a meal, a special treat. Whatever speaks feasting to you and your family.

In all of this have grace for yourself. Try different things, keep experimenting. The practice will evolve as your family grows, grows up, and enter different stages. But the commitments stay the same! So may you cease, rest, embrace, and feast!