



Sabbath  
安息日







**OUR SOUL 靈魂**  
Nourished 滋養



**OUR SOUL 靈魂**  
Malnourished 營養不良





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From 'Practicing The Way'





THE  
BIBLE  
INVITES  
US TO  
**STOP**

“Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light.” Matthew 11:28-30



**IF WE**

Our soul

O u r

O u r

—health

relationship

capacity

**DON'T**

g e t s

with God

to love

**STOP**

affected

g e t s

neglected

g e t s

exhausted





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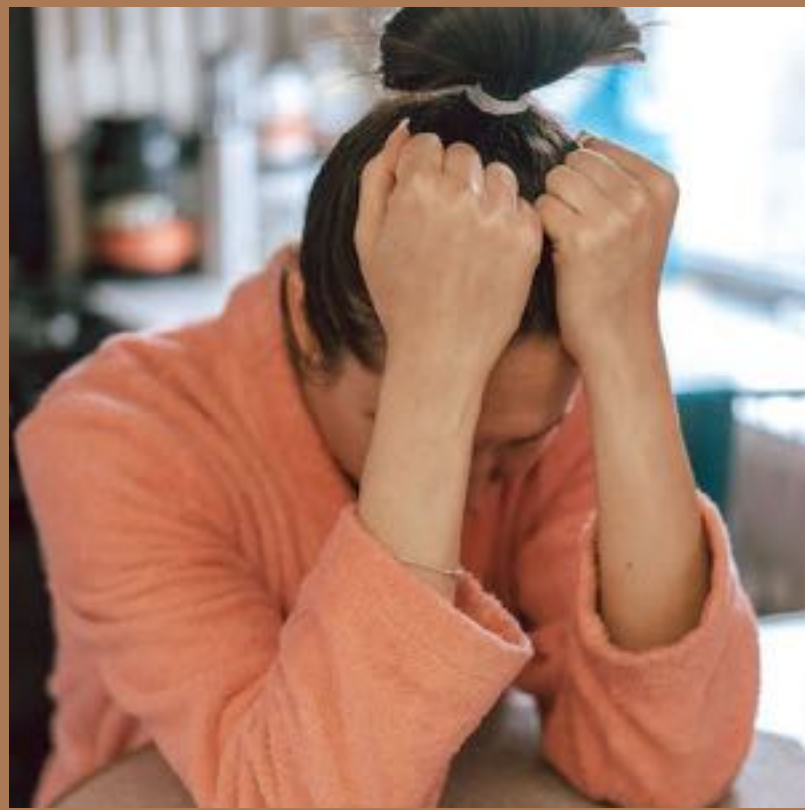


## GENESIS

### 2:1—3

“Thus the heavens and the earth were completed in all their vast array. By the seventh day God had finished the work he had been doing; so on the seventh day he rested from all his work. Then God blessed the seventh day and made it holy, because on it he rested from all the work of creating that he had done.”

**IF WE DON'T  
SABBATH**



Burn out / stress / damage immune systems / brain fog / strained relationships / distance from God

**IF WE DO  
SABBATH**



Soul-health / rejuvenation / closeness to God / capacity to be patient and love people / lighter and freer





## EXODUS 20:8—11

“Remember the Sabbath day by keeping it holy. Six days you shall labour and do all your work, but the seventh day is a sabbath to the Lord your God. On it you shall not do any work, neither you, nor your son or daughter, nor your male or female servant, nor your animals, nor any foreigner residing in your towns. For in six days the Lord made the heavens and the earth, the sea, and all that is in them, but he rested on the seventh day.

Therefore the Lord blessed the Sabbath day and made it holy.”



**“The Sabbath was made for people, not people for the Sabbath.” Mark 2:27**





# “Remember the Sabbath day...”

Exodus 20:8a

- Remember our creator God
- Remember the rhythm of creation
- Remember to stop regularly
- Remember who we are
- Remember goodness, beauty and truth
- Remember soul-care



## How can we stop... and enjoy Sabbath?

- Think subtraction, not addition
- Pick a time to Sabbath and give it a try
- Pick a beginning and ending ritual
- Pick one to three Sabbath activities to enter into the spirit of Sabbath





# Traditional Sabbath Activities



- 01 Lighting candles
- 02 Blessing the children
- 03 Eating a Sabbath meal
- 04 Expressing gratitude
- 05 Singing
- 06 Worshiping with your church
- 07 Walking
- 08 Napping
- 09 Quality time with your spouse
- 10 Reading, especially the Bible
- 11 Spending time alone with God
- 12 Spending time with family and friends in conversation and celebration