

BUILD THE PERFECT SABBATH

remember to start small - even 3-4 hours

What day to begin practicing a Sabbath would be best?

What paid and unpaid work will you need to STOP?

What makes you feel RESTED?

What activities, people or places breathe LIFE and DELIGHT?

What is one small step toward practicing a 7 day rhythm of Sabbath will you take?

SMALL GROUP DISCUSSION:

What did "Sabbath" mean to you growing up?

How does the idea of practicing the "Sabbath" make you feel? (a 7 day rhythm of rest) Skeptical, fear, nervous, legalistic, something else?

On a scale from 1-10 how busy are you (1=least busy to 10=very busy) and where would you like to be?"

What do you feel is the biggest obstacle or resistance to you practicing Sabbath Rest? (remember its not a "day off"

What fruit do you hope to see as you take steps to practicing Sabbath?

OTHER RESOURCES:

Book : Ruthless Elimination of Hurry by John Mark Comer

Book: Techwise Family by Andy Crouch

Book: Sabbath As Resistance by Walter Brueggaman

Book: Retreat by Ruth Haley Barton

Podcast: Fight Hustle End Hurry - all episodes

Instagram acct for families + Sabbath: @shireeneldridge

DIVE DEEPER:

Read Chapter 6 in Emotionally Healthy Spirituality by Pete Scazzero