

### **Keeping the Sabbath (Part 1 of 2)**

Keeping the Sabbath doesn't mean you have to sit in a damp, dark room humming monk tunes. Keeping the Sabbath doesn't mean forbidding your family from playing cards, board games, or dancing. Keeping the Sabbath doesn't mean you have to be solemn and sad, just the opposite, in fact. It's not a burden, but a chance/invitation to be liberated from things enslaving you eg. cell phone, emails, meetings, etc.

Keeping the Sabbath means keeping time each week to rest from the usual rush of daily life; keeping a focus on God's involvement in your life; assessing if your faith is still a priority, not just an occasional thing you do on Sunday mornings. It can be observed as a spiritual practice by playing or singing unabandoned or walking slowly around your neighborhood noticing what God has gifted you with, in nature and in relationships.

The word Sabbath means rest. Isn't that a welcome thought for busy people/families/exhausted parents? Setting aside a Sabbath time has been part of faith history since God created the world (Genesis 2:2). After all of creation was completed, God intentionally chose to take a day and rest, rejoicing in the heavens and the earth. We can rejoice in creation and God's work in our lives, too! We may do it best when we pause to reflect, take time to smell the roses- literally and figuratively.

As the Israelites traveled from slavery in Egypt back to their homeland, God insisted that they REMEMBER the Sabbath and take a day each week to rest, to re-energize for the journey. We need helpful reminders about God sustaining us along our journey. The Holy Spirit wants to refresh and renew us, if we but listen, recall the mighty works of God, and humbly reconnect with Jesus, who is our Sabbath rest in relational form. Keeping the Sabbath is one of the Ten Commandments, after all. We know it's important, so take some time to let the Spirit creatively help you wonder how you might honor the Sabbath and keep it holy.

*Inspiration from K.L. Botrom's "99 Ways to Raise Spiritually Healthy Children"*