

PLANNING FOR SABBATH

Sabbath Themes

Drawing from Marva Dawn's *Keeping the Sabbath Wholly*, circle 1-2 areas you want to prioritize under each of the themes below. (See Appendix 1.)

Ceasing (deepens repentance)

1. Ceasing Work
2. Ceasing Productivity and Accomplishment
3. Ceasing Anxiety, Worry and Tension
4. Ceasing Our Trying to Be God
5. Ceasing Our Possessiveness
6. Ceasing Our Enculturation
7. Ceasing the Humdrum and Meaninglessness

Resting (strengthens faith in God's grace)

1. Spiritual Rest
2. Physical Rest
3. Emotional Rest
4. Intellectual Rest
5. Aids to Rest
6. Social Rest
7. An Ethics of Character

Embracing (weaves beliefs into practices)

1. Embracing Intentionality
2. Embracing the Values of the Christian Community
3. Embracing Time instead of Space
4. Embracing Giving Instead of Requiring
5. Embracing Our Calling in Life
6. Embracing Wholeness—Shalom
7. Embracing the World

Feasting (heightens eschatological imagination)

1. Feasting on the Eternal
2. Feasting with Music
3. Feasting with Beauty
4. Feasting with Food
5. Feasting with Affection
6. Feasting and Festival
7. Sabbath Ceasing, Resting, Embracing, and Feasting

Developing Practices

Starting with your top priority from each theme, elaborate on particular practices you'd like to develop below. Be concrete and specific. (See Appendix 2.)

Ceasing (deepens repentance)

Resting (strengthens faith in God's grace)

Embracing (weaves beliefs into practice)

Feasting (heightens eschatological imagination)

PREPARING FOR SABBATH

TIME | When?

Take the practices you outlined in each theme and consider: What time of day might make them most effective? How frequently will you do this? Where in your weekly schedule will you plan to integrate this practice? (See Appendix 3.)

Ceasing (deepens repentance)

Resting (strengthens faith in God's grace)

Embracing (weaves beliefs into practices)

Feasting (heightens eschatological imagination)

PLACE | Where?

As you think about where you live and work and your regular travel patterns of a normal work week, in which place(s) will your determined practices take place? Are there sacred spaces you haven't considered nearby? (See Appendix 4.)

Ceasing (deepens repentance)

Resting (strengthens faith in God's grace)

Embracing (weaves beliefs into practices)

Feasting (heightens eschatological imagination)

APPENDIX 1: Sabbath Themes Summary

CEASING *Freedom from, and repentance for, work and worry*

“In all these dimensions [of ceasing] we will recognize the great healing that can take place in our lives when we get into the rhythm of setting aside every seventh day all of our efforts to provide for ourselves and make our way in the world. A great benefit of Sabbath keeping is that we learn to let God take care of us – not by becoming passive and lazy, but in the freedom of giving up our feeble attempts to be God in our own lives.”

RESTING *The renewing of our whole being in grace-based faith*

“We might wonder how anyone can possibly truly rest when there is so much to do. As we will discover in this section, an added benefit of a day of complete physical rest is that it gives us extra strength and zeal for the tasks of the other six days. Moreover, a day especially set aside for worship teaches us to carry the spirit of worship into our work.”

EMBRACING *The intentionality of our choosing and valuing*

“These elements of embracing God’s kingdom and his purposes move us beyond the repentance of ceasing and the faith of resting into the application of the Christian lifestyle. By embracing God’s instructions in response to his immense grace and love, we choose to imitate God...The important point in all our imitation is its deliberate intentionality. We don’t just think God’s values are good. We embrace them wholly.”

FEASTING *The fun and festivity of a weekly eschatological party*

“The intimacy of genuine feasting is not a false intimacy...The party that we enjoy in our Sabbath keeping is a celebration of true love, initiated by the Creator of the Sabbath and imitated by those of us who know him as Lord of our lives...”

APPENDIX 2: Sabbath Practice Ideas

Marva Dawn provides many suggested practices that have been meaningful for her in the establishing of Sabbath rhythms and routines. Using this list as a start, you can reference and highlight additional ideas throughout her book and begin considering some you may want to try in establishing your Sabbath rhythms.

- *Light candles at the end of the work week*
- *Spend time thanking God for his work in the past week*
- *Write down aspects of your work that jump to mind so you can set aside for later.*
- *Put work materials away. Organize work space for picking up again after your Sabbath*
- *Playing*
- *Plan time to be with others. Focus on relationships and friendship building*
- *Practice prayers of thanksgiving*
- *Refrain from buying and selling and instead practice giving things away*
- *Journaling*
- *Art-making*
- *Art appreciating*
- *Theater-going*
- *Music-making*
- *Music-listening*
- *Prayer walks in the neighborhood where you work / live*
- *Running / Physical exercise*

- *Reference pp 212-213 in Marva Dawn's book: "A Few Suggestions for Rituals to Begin and End the Sabbath Day"*