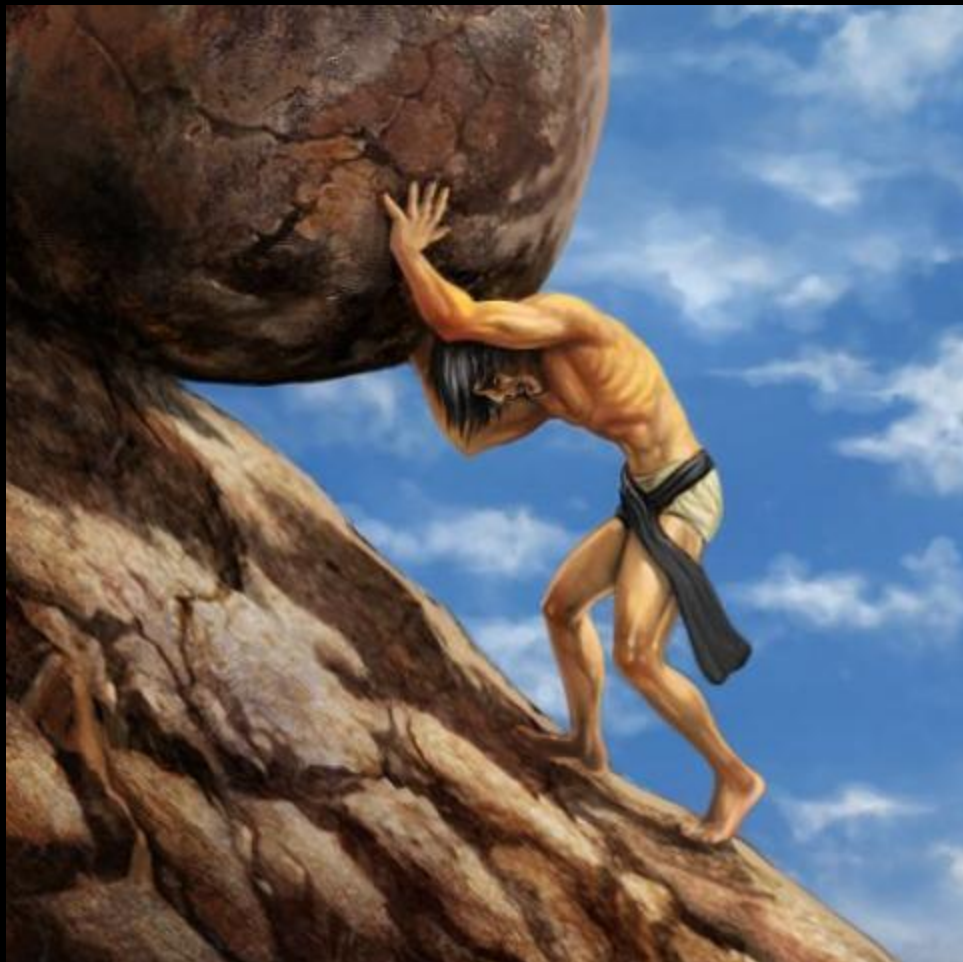


# Sustainable Rhythms in the City that Never Sleeps

Rich Villodas



“Remember the Sabbath day by keeping it holy. <sup>9</sup> Six days you shall labor and do all your work, <sup>10</sup> but the seventh day is a sabbath to the LORD your God. On it you shall not do any work...

Sabbath:

a 24-hour period

without anxiety or “have-to’s” which (over time) is to result in deep rest and renewal.

“I didn’t start out with the goal of devoting all of myself to my job. It crept in over time. Each year that went by, slight modifications became the new normal. First I spent a half-hour on Sunday organizing my e-mail, to-do list, and calendar to make Monday morning easier. Then I was working a few hours on Sunday, then all day. My boundaries slipped away until work was all that was left.”

- From Matthew Sleeth’s book, *24/6*

## “Secular” Rhythm:

Work □ Work □ Work □ Work □ Work □  
VACATION!!!! □ Work □ Work □ Work □  
Work □ Work □ VACATION!!!

## “Sacred” Rhythm:

Sabbath □ Work □ Sabbath □ Work □  
Sabbath □ Work



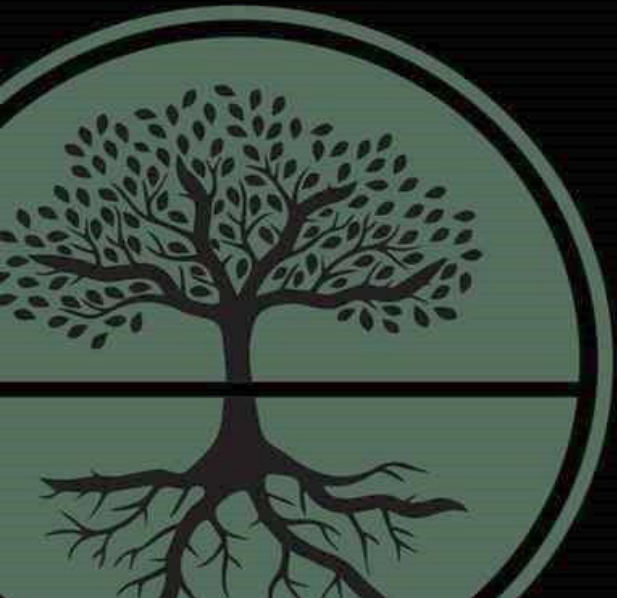
We don't keep the Sabbath, the  
Sabbath keeps us

# **The 4 Core Elements of Biblical Sabbath**





Stop







# Rest



Self-care is never a selfish act -- it is simply good stewardship of the only gift I have, the gift I was put on earth to offer to others.

– Parker Palmer

# Delight



# Contemplate



Contemplation:

Seeing the invisible in the visible





<sup>16</sup> For in him all things were created: things in heaven and on earth, visible and invisible, whether thrones or powers or rulers or authorities; all things have been created through him and for him. <sup>17</sup> **He is before all things, and in him all things hold together.**

Colossians 1:16-17







## 5 Truths about the Sabbath:

1. Sabbath is **not a reward** for hard work.
2. Sabbath is a reminder that **our work will remain incomplete.**
3. Sabbath is a day that moves us from **production to presence.**
4. Sabbath reminds us that **we are not God.**
5. Sabbath points us to the **deeper rest** we need found in Christ.

- Choose a 3 hour block of time (to begin)
- Turn off distractions. Value of silence.
- Pause throughout the day, mini sabbath moments.

3 Minutes of Personal Reflection