

## SIX DAYS ON, ONE DAY OFF

The rhythm of six days on and one day off is embedded into the fabric of what it means to be human. You can choose to push against this or embrace it, but if you ignore this rhythm for long periods of time, you will become exhausted.

## PLANNING AHEAD IS KEY

It takes intentionality, planning, and work to take one day off per week. But that's ok because we have six days to do work and part of that work is planning for the Sabbath. A Sabbath is not 24 hours of completely unstructured time. That's chaos. Sabbath is 24 hours to do the things that bring you life and that you love to do.

It's a time, for example, to be present to your family, to eat amazing food, to laugh and tell stories about the week, to read, to take a nap, to spend alone time with your spouse, to exercise, hike, go for a walk, play games, be with good friends, listen to music, or sit outside if the weather affords it.

## START SMALL DREAM BIG

While working the rhythm of Sabbath into your routine will bring much blessing, success with a new rhythm is most likely when introduced in small increments. The goal is to build rest into your schedule regularly. Stop running errands on one day, plan an amazing meal and game night.

Start asking questions about what would be truly life giving on a day off. Dream about this. Have fun with it. You don't need to labor seven days.

# MAKE YOUR OWN SABBATH PLAN

The space below is intended to guide you through writing a sabbath plan of your own.

### WHAT DAY WILL YOU SABBATH?

Choosing a good day to Sabbath is key. For most people Saturday evening to Sunday evening will be a natural time, but choose whatever day works best for you and your family.

### WHAT TIME WILL YOU START/END?

Begin your Sabbath with dinner if possible. (i.e. start Saturday evening at 5pm and conclude Sunday evening at 5pm)

### WHAT WILL YOU EAT?

Plan the meal that will start your Sabbath. This creates excitement! Plan appetizers, dessert, and/or family favorites. Sabbath is a day to eat the foods you love.

### WHAT WILL YOU DO?

Plan a game night, or special activity to do together as a family or with friends. While the whole day doesn't need to be scheduled, one or two planned activities brings fun.

### WHEN WILL YOU CLEAN AND PREP?

In addition to prepping the meal, plan a time before Sabbath starts to declutter, vacuum, mop, bring in firewood, etc. Involve the whole family in this if applicable and make sure to stop cleaning at Sabbath start time.

### HOW WILL YOU BEGIN?

Marking the beginning of Sabbath can be meaningful. Try lighting a candle, saying a prayer, reading a scripture, or leading a happy Sabbath toast with your favorite drinks as you step into this time.

### WHAT WILL YOU DO WITH TECHNOLOGY?

Make a plan for your digital devices (kids and adults included) as these things can be Sabbath killers. Set a time for devices to be off and put away (ie. during the meal and game time.)

### WHO WILL YOU SABBATH WITH?

Sabbathing with your family is a great place to start, but Sabbathing with friends on occasion can bring an extra element of joy!

## GOD ORDERS SPACE AND TIME

**SPACE** - In Genesis 1-2 God creates a garden sanctuary, ordering the cosmos, and designating the land between the rivers as his dwelling place with Adam & Eve.

**TIME** - In Genesis 1-2 God creates a weekly sanctuary, ordering the first six days around work and the seventh to be a day of rest, holy and set apart for humanity to be with God.

## SABBATH INTERRUPTED BY SIN

In Genesis 3, sin brings with it all forms of death including hurry, striving, and restlessness that rob people of God's presence. But all of scripture is leading to an eternal Sabbath or coming cosmic rest where God will be with His people forever.

## TIME ORGANIZED AROUND REST

In Exodus 20, God commands Israel to observe a weekly day of rest to remember his desire to be with them and recall their time in slavery to Egypt where they labored without rest. In Leviticus 25 God commands a sabbatical year every seven years when debts were forgiven and the land was given rest. Every seven sabbatical years (or 49 years) a year of Jubilee was to be proclaimed which would act as a restorative reset on the calendar.

## JESUS AND THE SABBATH

Jesus confronted both those who didn't keep the sabbath and those who turned the Sabbath into legalism. He taught that he was Lord of the Sabbath (Mt 12:8) and that Sabbath was made for man and not man for Sabbath (Mk 2:27). The law to keep Sabbath was fulfilled in Jesus, who died on the eve of Sabbath, rested in the tomb on Sabbath, and arose to commence a new creation, in which work flows from rest (Mt 11:28-30).





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