

RESHAPING YOUR REST



CREATING A SABBATH THAT IS HOLY + REFRESHING IN YOUR HOME

GET YOUR FOCUS

“Remember the sabbath day, to keep it holy.” Ex 20:8

The word "holy" is from the Hebrew word "qadash." It means to set apart or dedicate. Your Sabbath should look different than your other days.

YOUR SABBATH SHOULDN'T BE...

Your Sabbath day should be different. Use this space to describe what a typical "work day" looks like for you.

YOUR CURRENT SABBATH.

Do you currently have a "day of rest" in your week? When is it?

What do you typically do on your Sabbath? (Be detailed.)

ADJUSTING YOUR REST



ESTABLISH A SABBATH DAY

Choose a day of the week that your household can observe/celebrate Sabbath Rest together. Try to get everyone on board.

Be intentional and follow through. Depending on schedules, you may need to choose one day each week--instead of a set, weekly day.

Our Sabbath will be celebrated on:

THE HOUSEHOLD PERSPECTIVE

Ask your family/spouse what feels like "regular work" to them. Record a few notes below.

Remember, Sabbath does not mean "no work." When God rested, He didn't step completely away and let chaos reign. Parents in the Bible still attended to the needs of their family on the Sabbath.

AUDIT YOUR SABBATH

It's time to assess and audit your Sabbath. The Sabbath is about rest, refreshment, and joy. It looks outward. It's unselfish.

Look at your list of activities on the previous page. Use the questions below to audit your Sabbath. Cross out any that you answer "no" to or are "inward facing."

Does this activity honor God?
Would you partake with God in the room?

Does this activity build relationships?

Does this activity expand the Kingdom of Christ or fulfill the Great Commission?

Is this activity outward or inward facing?

Does this activity draw you closer to God or give you a deeper understanding of His character?

Does this activity use the gifts God has given you?

YOUR SABBATH PLAN



PREPARE FOR YOUR SABBATH

Setting one day apart to look different will take intentionality. What needs to happen before your Sabbath to ensure you can observe the Sabbath?

YOUR RESHAPED REST

List activities here that are appropriate for your Reshaped Sabbath. Start with any items that weren't crossed off your original list. Remember, these should be fun, enjoyable and refreshing.

As you get practiced in Sabbath rest, what is or is not appropriate will become second nature. More guides, inspiration and Scripture about Sabbath rest can be found in the Reshaping Your Rest series.

YOUR SABBATH SNAPSHOT

Our Sabbath will be celebrate on:

We will prioritize_____:

We will not do_____ on our Sabbath.

We will do _____ to prepare for our rest each week.

We will give ourselves grace, and earnestly try to honor this time, dedicated to God. We know He cares about our heart posture more than our actions.