

03 Pick one to three Sabbath activities to enter into the spirit of Sabbath

If you read the wider Sabbath literature, some of which is as old as the New Testament itself, you discover there are 12 common activities that fill up a traditional Sabbath.

- 01 Lighting the candles
- 02 Blessing the children
- 03 Eating a Sabbath meal
- 04 Expressing gratitude
- 05 Singing
- 06 Worshiping with your church
- 07 Walking
- 08 Napping
- 09 Making love to your spouse
- 10 Reading, especially Scripture
- 11 Spending time alone with God
- 12 Spending time with family and friends in conversation and celebration

This is not a “to-do list,” but more like 12 best practices that you are invited to grow into over time as your heart desires.

For Session 01, pick one to three that your heart is drawn to and sound appealing to your personality and stage of life. And just see what happens.

Circle or write what you'd like to do.

May the God of
rest fill you with his
peace and presence
as you rest in him.