

The Dot - 10/17/20

**Spiritual Disciplines and Practices: *Sabbath Rest***  
**Interview with Kade Franco**

**Definition:**

The discipline of sabbath rest is when we set apart one day a week for rest and worship of God. Sabbath is God's gift of regular rest and refreshment.

**Scripture:**

- Exodus 20:8-10- *Remember the Sabbath day by keeping it holy. Six days you shall labor and do all your work, but the seventh day is a sabbath to the Lord your God.*
- Mark 2:27- *The Sabbath was made for man, not man for the Sabbath.*
- Hebrews 4:9-11- *There remains, then, a Sabbath-rest for the people of God; for anyone who enters God's rest also rests from their works, just as God did from his. Let us, therefore, make every effort to enter that rest, so that no one will perish by following their example of disobedience.*
- Mark 12:30- *Love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength.*

**Reflection Questions:**

- What would it be like for you to take an extended amount of time to stop work and focus on rest?
- What makes it difficult for you to slow down and stop work?
- What does a rhythm of rest mean and look like?
- How would practicing sabbath rest enhance your connection with God?
- Why do you think sabbath rest is so important to God?
- Read Psalm 46:10- *Be still, and know that I am God.* What stands out to you?

**Spiritual Exercises:**

- Consider what activities you enjoy that you can do on the sabbath as part of your worship to God. (painting, biking, baking, hiking, journaling, napping, etc.)
- Choose a day of the week that you can consistently put aside work and distractions to enjoy extended rest with God. Maybe start with several hours a week.
- Choose to set aside screens (TV, computer, phones, social media, etc.) to fully embrace rest and connection with Jesus.
- Ask your family to join you in a meal at the dinner table (*with no screens!*). Possibly offer to help cook the meal or set the table!

**Additional Resources:**

- *Spiritual Disciplines Handbook* by Adele Calhoun
- Pursue God Website: <https://www.pursuegod.org/teens-and-the-sabbath/>

