

SABBATH PLAYLIST

WHAT IS SABBATH?

Sabbath originates all the way back from the very first book of the Bible: Genesis. After God had done all the wondrous, creative work involved in bringing the whole universe into being, God rested (Gen. 2:2-3). If you think about it, everything from trees to beavers have a pattern of working, then resting. The difficulty for us as humans is that we sometimes (or oftentimes) resist Sabbath-rest. We think that we can just keep going like Energizer Bunnies, but we're not everlasting batteries, we're people made in the image of God, a God who rests.

Taking intentional Sabbath-rest is not only something God does, but it is also a gift from God for us to enjoy, and something that keeps us in step with the patterns that God built into our universe. One of the amazing things about Sabbath is that it is a time when God leaned back, looked at the Creation, and said this is "very good!" (Gen. 1:31). Maybe our times of rest could be like that, too - we too could pause, take a deep breath, and say, what God has created, including us, is very good indeed!

Over the next few weeks, I want to invite you to lean into Sabbath-rest. In this playlist, you'll find links to more info on Sabbath, some Sabbath prayers, some Sabbath activities, and even a Sabbath Spotify playlist to help you sink into Sabbath! Happy Sabbath-ing!

LEARN MORE

- Watch [THIS VIDEO](#) on Sabbath by the Bible Project
- Read [THIS ARTICLE](#), *Why We Keep the Sabbath*, from PCUSA
- Read [THIS ARTICLE](#), *Why You Need a Sabbath*, relevantmagazine.com

QUOTE TO CONSIDER

"As it turns out, receiving God's gracious gift of Sabbath rest might be hard work, but it might also open a vast and fruitful space where we, too, might rest, delight, and hear God affirm, 'You are my beloved child.'"

- Nate Stucky, *Wrestling with Rest*

SCRIPTURE TO REFLECT ON

Unless the LORD builds the house, those who build it labor in vain. Unless the LORD guards the city, the guard keeps watch in vain. It is in vain that you rise up early and go late to rest, eating the bread of anxious toil; for the LORD provides for his beloved during sleep. Psalm 127:1-2

SPOTIFY PLAYLIST

Click [HERE](#) for our Spotify Playlist.

ACTIVITIES

- Go on a nature walk
- Watch a favorite movie
- Listen to music; feel free to sing along!
- Eat a favorite treat
- Do something fun that you remember doing when you were younger; suggestions: sidewalk chalk, roller skating
- Try prayer journaling - write "dear God..." and see what flows out
- Have a game night with your friends and family
- Disconnect from screens for a bit and connect with a friend

SABBATH PRAYERS

Dear God, sometimes it is really hard for me to rest from my normal activities and to make time to just enjoy how good You are and how good You made Your creation. As I take a big breath in and out, help me to be present to Your goodness here and now. Amen.

Oh Creator God, after all Your amazing work creating the world we get to live in and enjoy, You rested. Would you help me to rest too? Amen.