



Welcome as we together reclaim the Sabbath as a sacred day of rest. In this guide, we will explore three steps to help you reactivate the Sabbath and experience the rejuvenating rest that God intended for you. So, let's embark on this adventure together!

Set Boundaries for Sabbath Delight

Creating a sacred space for rest requires setting boundaries. Think of it as drawing a circle around your Sabbath day, inviting God's presence and blocking out distractions. Here are some ideas for you to start setting Sabbath boundaries:

Clear the Calendar: Mark the Sabbath day on your calendar, dedicating it to rest and worship. Say "no" to non-essential commitments and prioritize your spiritual and physical well-being.

Unplug and Disconnect: Power down your electronic devices, turn off social media notifications and resist the urge to check work emails. Embrace the freedom from the digital world and allow yourself to fully engage with God, loved ones, and personal activities.

Engage in Worship: Attend a local church or participate in online services. Set aside intentional time for prayer, worship, and reflection. Sing praises to God, read His Word, and let His presence fill your heart with joy.

Embrace Soul-Nourishing Activities

The Sabbath is not just about resting from work; it's about engaging in activities that bring spiritual and emotional nourishment.

Enjoy Nature's Beauty: Step outside and immerse yourself in God's creation. Take a

leisurely walk, visit a park, or go hiking. Breathe in the fresh air, marvel at the beauty around you, and let nature's serenity rejuvenate you.

Connect with Loved Ones: Spend quality time with your family and friends. Share laughter, meaningful conversations, and create memories together. Play board games, enjoy a picnic, or organize a potluck. Reconnecting with loved ones is a way to honor the Sabbath.

Engage in Restful Hobbies: Discover activities that bring you joy and rest. It could be reading a book, painting, gardening, or even simply taking a nap. Engaging in these restful hobbies helps you unwind, recharge, and align with God's rhythm of rest.

Cultivate a Heart of Gratitude

Gratitude unlocks the door to experiencing the fullness of Sabbath delight. Let your heart overflow with thankfulness, and watch how the sacredness of the Sabbath unfolds.

Count Your Blessings: Take time to reflect on God's goodness and faithfulness in your life. Create a gratitude journal and write down the things you are thankful for. Express gratitude for both big and small blessings, and let thankfulness fill your Sabbath day.

Practice Generosity: Look for opportunities to bless others on the Sabbath. It could be through acts of kindness, volunteering, or sharing a meal with someone in need. Cultivating a generous heart aligns us with God's heart and brings joy to both giver and receiver.

Rest in God's Promises: Meditate on Scripture passages that speak of God's rest and provision. Trust in His promises and find comfort in His unfailing love. Surrender your worries, anxieties, and burdens to Him, knowing that He cares for you.

Choose one or more of the areas to reclaim the Lord's Day as a sacred time of rest and rejuvenation. By setting boundaries, embracing soul-nourishing activities, and cultivating a heart of gratitude, you will experience the fullness of Sabbath Rest. May your journey be filled with joy, peace, and a deeper connection with God.