

# How to Un-Hurry Sabbath

“You have six days each week for your ordinary work, but the seventh day is a Sabbath day of rest dedicated to the Lord your God.” Exodus 20:9

Sabbath is practicing a weekly rhythm of a day of rest from work and for worshiping God.

## Here are some practical suggestions to implement Sabbath:

- Pick a time period (24 hours is ideal but start where you can) to rest from work and to rest and worship God. You can start in the evening (for example, Saturday evening to Sunday late afternoon).
- Find some special activities to do with your family or friends to rest, delight, and worship (examples: light candles before sharing a meal, spend time doing an activity without technology, take time to be outside, do something life-giving).
- Write down some activities that help you rest: taking a nap, working in the garden, taking a walk, etc.
- Plan ahead and take care of errands and tasks that need to happen (shopping, cleaning, email, etc.) before Sabbath.
- Experiment with a digital detox – limiting time on devices so that you can be undistracted.
- Find ways to add to the experience of weekly worship at church: plan to share a meal or coffee before or after service with someone, listen to worship music on your drive, and text someone to sit with during the service. If you are a parent of young children or a caregiver for someone, see if there are ways to get help for part of a day each week so that you can recharge.

(Adapted from [johnmarkcomer.com/howtounhurry](http://johnmarkcomer.com/howtounhurry))

**More resources:** Book: *Emotionally Healthy Spirituality* – Pete Scazzero | Podcast: “Fight Hustle, End Hurry” Episode 5 – “Sabbath”