

Adult Sunday School
 First Presbyterian Church, Covington
 April 5, 2020

Spiritual Discipline: Sabbath

Based on: For Sabbath's Sake: Embracing Your Need for Rest, Worship, and Community by J. Dana Trent

- I. Sabbath: Take a moment to write down 6 words you associate with Sabbath.
 - Typical Sunday schedule: Take a moment to reflect on what your last 4 Sundays have looked like. Albeit the last few I am sure have looked vastly different!

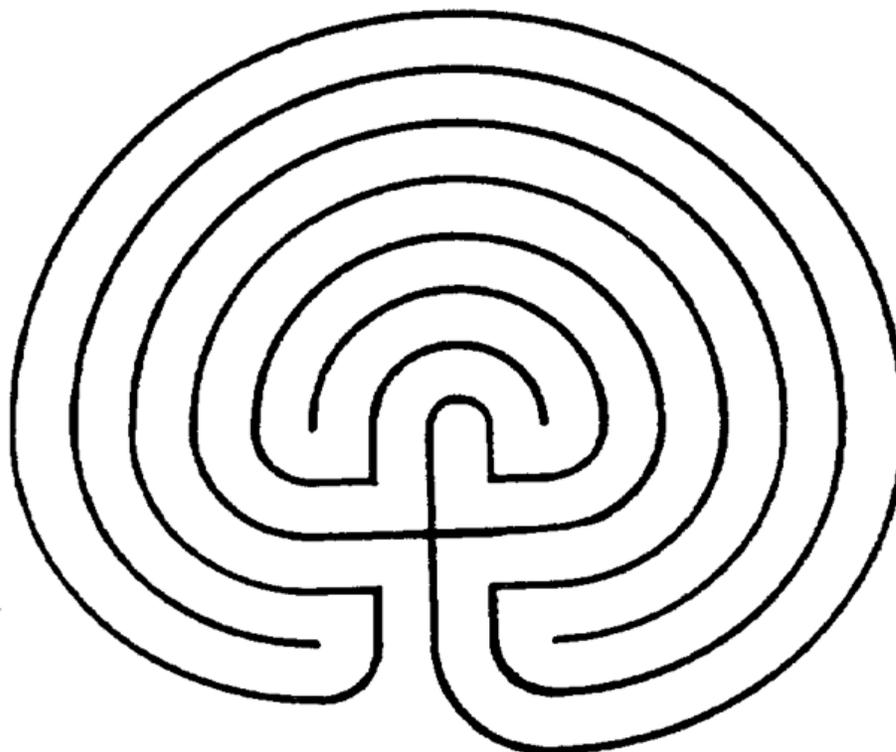
- II. The Jewish Sabbath
 - a. The Jewish understanding of Sabbath is one of deep purpose. The Sabbath is a time to intentionally remember and keep holy because Sabbath “is to honor both creation itself and the Creator who saved the Jews from endless toil under Pharaoh” (page 31).
 - b. Sabbath is “a gift of time God granted to a shackled people who did not own their own time” (page 31).
 - c. Sabbath is to “stop and recline in the mystery” (page 31).
 - d. Sabbath is time spent in prayer and with family
 - e. Sabbath is not a time to travel, exchange money, nor produce, create, or destroy

- III. You are invited to explore today the following aspects of sabbath. Before diving in – circle below which one you feel you practice well. Underline which one is a working point for you.
 - Sabbath as Intention
 - Sabbath as Rest
 - Sabbath as Worship
 - Sabbath as Community

- IV. Sabbath as Intention
 - a. Sabbath is about intention not hours (page 34-35)
 - b. “Our problem [Western Culture] isn’t a shortage of time, but a shortage of noticing” (page 54).
 - c. **PRACTICE:** You are invited to pick a day/period of time this week. Intentionally try to be present with yourself and with God. Journal your experience.
 - d. It is then “sabbath become not a break from life, but a source of life” (page 58).

- V. Sabbath as Rest
 - a. “True Sabbath rest is infused with humility to surrender to the palace of time and to accept God’s generous gift” (page 93).
 - b. You are invited to read Matthew 11:28-30
 - i. Where do you find rest?
 - ii. When do you find rest?
 - iii. How do you find rest?

- c. **PRACTICE:** Have you ever experienced a Labyrinth? A Labyrinth is an intentional maze where you journey to center and then back out again. You are invited to 1. While practicing social distancing visit the Fairy Labyrinth at Chimney Park. 2. Use this Finger Labyrinth to find rest in the movement to center and back.



VI. Sabbath as Worship

- a. “Some keep the Sabbath by going to church – I keep it staying home” – Emily Dickenson
 - i. How do find yourself responding to Emily Dickenson?
- b. Why is worship important? How does worship influence your spiritual life? What is your understanding of the purpose of worship?
- c. We are created to worship! Worship is not about us. It is about pointing our praise to God. What parts of worship speak to you the most as we seek to give praise and glory to the living God? Another way of saying this would be: When do you feel you are most worshipful?
- d. Worship looks different in our current day. What do you miss about gathering in person for worship?
- e. **PRACTICE:** Worship! Currently, worship is online and on our /Facebook page. If you have missed a Sunday the past three weeks – you can find it online! Check out the worship experiences provided!

VII. Sabbath as Community

1. “Where two or more are gathered in my name, I am among them.” – Matthew 18:20

2. **PRACTICE:** How do you experience Sabbath as Community? Let's put our spiritual discipline of gratitude in to practice as we journal 10 ways you are thankful for your church community!
3. **PRACTICE:** Who in your community might you need to reach out to today? It takes a village! Who in your village do you need to "see" and "hear" – and who might need to "see" and "hear" YOU?

VIII. FOR SABBATH'S SAKE – Ideas for Practicing Sabbath (page 212)

1. Step away from the phone
2. Practice humility
3. Revisit Sabbath Scriptures
4. Avoid unhelpful self talk
5. Take a nap!
6. Attend worship with intention
7. Spend time in community
8. Think again about shopping on the Sabbath
9. Share your ideas of Sabbath keeping
10. Seek PRESENCE over PERFECTION!

Breathe in. Breathe out. And be at Peace! Amen!