



SABBATH

Sacred Practices

Prologue

Sabbath is a weekly rhythm of re-centering our lives around God. It is more than a day off; it is a sacred pause that reshapes our hearts. In Sabbath we stop — ceasing from work and productivity to remember that we are not God. We rest — receiving renewal for body and soul as a gift, not a reward. We delight — joyfully enjoying God and His good gifts with gratitude instead of hurry. And we worship — reorienting our lives around His worth and remembering His faithfulness. Practiced consistently, Sabbath restores joy and forms us into people who trust God deeply and live from fullness rather than exhaustion.



Content

Wk 1 Stop

Pg 6

Sabbath begins with stopping. Before we rest, delight, or worship, we must cease. To “stop” is to deliberately step out of productivity, anxiety, and control in order to remember that God is God and we are not. Sabbath is not first about what we add; it is about what we lay down. When we stop working, fixing, planning, scrolling, and striving, we practice trust. Stopping is an act of surrender that reorients our hearts from self-reliance to dependence on the faithful provision of God.

Wk 2 Rest

Pg 23

Stopping creates space; resting fills it with renewal. Biblical rest is not inactivity but restoration — the replenishing of body, mind, and soul in God’s presence. While the world defines rest as escape, Scripture defines it as trust. True rest flows from the confidence that God sustains what we cannot control and carries what we cannot fix. Sabbath rest is not earned; it is received. It reminds us that we are finite, deeply loved, and not responsible for holding the universe together.

Wk 3 Delight

Pg 40

Sabbath is not only about stopping and resting; it is about delighting. God did not merely cease from creation — He called it “very good.” Delight is the recovery of joy in God and His gifts. It is the practice of enjoying what God has made without needing to improve it, monetize it, or post it. Delight trains our hearts to see goodness again. When we delight in God and His creation, gratitude replaces cynicism and joy displaces hurry.

Wk 4 Worship

Pg 57

Sabbath ultimately reorients us toward worship. When we stop striving, receive rest, and recover delight, our hearts are realigned to what matters most: God Himself. Worship is not merely singing; it is the re-centering of our lives around the worth of God. Sabbath reminds us that our identity is not worker, achiever, parent, or leader — but worshiper. In worship, we remember who God is and who we are in Him.

WMK
01

STOP

A 12–24 Hour Intentional Stop

Live It Out

1 Choose a 12–24 hour period this week to practice stopping. If 12–24 hours sounds impossible, try 4 hours and over time, work your way to 24 hours. During that window:

- Cease from vocational work.
- Avoid productivity tasks (no catching up on email, no “just getting ahead”).
- Limit or eliminate digital input if possible.

Write down unfinished tasks beforehand and consciously entrust them to God in prayer.

2 Before your Sabbath begins, pray:

“God, the world continues without me. I trust You with what I cannot finish.”

The goal this week is not perfect rest. It is intentional stopping.

01
DAY



GOD STOPPED

SCRIPTURE:

☞ Genesis 2:2-3

☞ Exodus 31:17

DEVOTIONAL THOUGHT:

God ceased from His work and was refreshed. Sabbath is woven into creation itself — stopping reflects His design, not human weakness.

REFLECTION QUESTION:

What does it reveal about God that He chose to stop?

02
DAY

STOP BECAUSE YOU ARE NOT GOD

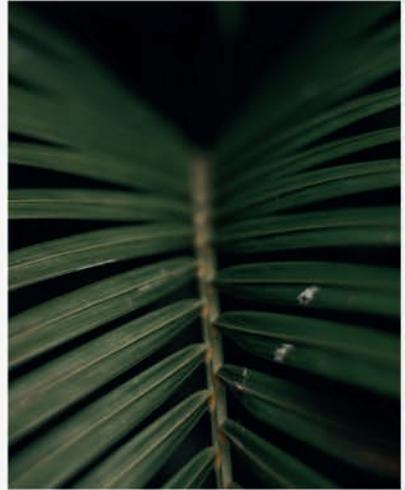
SCRIPTURE:

🕒 Psalm 46:10

🕒 Psalm 121: 3-4

DEVOTIONAL THOUGHT:

“Be still” is not passive; it is a command to release control. Stopping confronts our illusion that everything depends on us. Stopping acknowledges that the world is upheld by Him, not us.



REFLECTION QUESTION:

Where are you carrying responsibility that belongs to God?

03
DAY

STOP THE ENDLESS PRODUCING



SCRIPTURE:

📖 Exodus 20:8-10

DEVOTIONAL THOUGHT:

The command to cease from labor reminds us that our worth is not tied to output. God built limits into His design for our good.

REFLECTION QUESTION:

What fears surface when you consider not being productive for a day, or even for part of a day?

04
DAY

05
DAY

STOP AND TRUST PROVISION



SCRIPTURE:

☞ Exodus 16:22-30

☞ 2 Corinthians 9:8

REFLECTION QUESTION:

What would trusting God's provision look like in your Sabbath this week?

DEVOTIONAL THOUGHT:

Israel had to gather enough manna ahead of time and trust that God would provide. Stopping requires preparation and faith.

GROUP

QUESTIONS



Were you able to engage in the practice this week? If so, how did it go? What did you learn and how did you grow through the practice?

What felt most difficult about intentionally stopping this week?

What surprised you during your Sabbath time?

How did stopping expose either anxiety or freedom in you?

Where do you struggle most with relinquishing control? Especially as it relates to taking a Sabbath.

Read Matthew 6:31-33. How is worry connected to overworking or overplanning in your life?

What are common sources of anxiety that keep you from stopping?

Read Exodus 16:22-30. How does Israel's preparation for the Sabbath show that trust and planning can work together?

What would change in our church culture if we truly practiced stopping as an act of trust rather than just a break from work?



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02

REST

Receive Rest Intentionally

Live It Out

- 1** During your 12–24 hour Sabbath:
1. Choose one physical practice of rest (nap, slower morning, unhurried meal, walk without phone).
 2. Choose one spiritual practice of renewal (extended prayer time, lectio divina, 20 minutes of silence, journaling gratitude).
 3. Remove one “false rest” habit (scrolling, sports overload, catching up on work, home improvement projects).

- 2** Before your Sabbath begins, say:

“God, I receive rest as a gift, not as a reward.”

Your goal this week is not perfection — it’s participation.

01
DAY



THE INVITATION TO REST

SCRIPTURE:

☞ Matthew 11:28-30

☞ Jeremiah 6:16

DEVOTIONAL THOUGHT:

Jesus does not merely command rest; He offers it. True rest is found not in a place but in walking with Him in His way.

REFLECTION QUESTION:

What burden are you still carrying that Jesus is inviting you to release?

02
DAY

REST FOR YOUR SOUL

SCRIPTURE:

🕒 Psalm 23:1-3

🕒 Hebrews 4:9-11

DEVOTIONAL THOUGHT:

God leads us beside still waters because our souls need restoration. Sabbath rest is a foretaste of the deeper rest found in Christ's finished work.



REFLECTION QUESTION:

Where does your soul feel depleted right now?

03
DAY

REST FROM STRIVING



SCRIPTURE:

- ☞ Psalm 127:1-2
- ☞ Ephesians 4:6

DEVOTIONAL THOUGHT:

Scripture reminds us that anxious toil adds nothing eternal. Rest is an act of resistance against the lie that more effort always equals more fruit.

REFLECTION QUESTION:

Where are you striving instead of trusting?

04
DAY

05
DAY

REST THAT RENEWS



SCRIPTURE:

🕒 2 Corinthians 4:16-18

🕒 Isaiah 40:28-31

REFLECTION QUESTION:

How might intentional Sabbath renew you this week?

DEVOTIONAL THOUGHT:

While our outer self grows weary, God renews us inwardly. Waiting on the Lord is not passive; it is strength exchange.

GROUP

QUESTIONS



Were you able to engage in the practice this week? If so, how did it go? What did you learn and how did you grow through the practice?

What felt truly restorative during your Sabbath?

What did you learn about the difference between distraction and rest?

What “false rest” habits were hardest to remove?

How did planning your rest ahead of time change the experience?



Were you able to do some (or all) of this week's devotionals? If so, what stood out to you? How did God speak to you this week about the practice of community?

Read Matthew 11:28-30. What does Jesus' invitation reveal about His heart toward weary and burdened people?

Day 1 of the devotionals this week emphasized that rest is found in walking with Jesus, not escaping responsibilities. Where are you tempted to look for relief apart from Him?

Read Psalm 23:1-3. How does this psalm shape your understanding of soul restoration and God's leadership in your rest?

What does waiting on the Lord actually look like in your daily life — not theoretically, but practically?

Read Mark 4:38-40. Why do you think Jesus could sleep in the storm? What does His rest reveal about trust in the Father?

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03

DELIGHT

Intentionally Delight
in Three Gifts

Live It Out

1 During your Sabbath:

1. Identify one relational delight (lingering conversation, family game, coffee with a friend).
2. Identify one creation delight (sunset, hike, backyard time, sitting outside).
3. Identify one personal joy that is life-giving and not sinful (music, art, cooking, reading fiction).

2 Verbally thank God for each one in the moment.

The goal: Enjoy without guilt.

01
DAY



GOD DELIGHTED

SCRIPTURE:

☞ Genesis 1:31

☞ Zephaniah 3:17

DEVOTIONAL THOUGHT:

God rejoices over His creation and sings over His people. Delight originates in Him.

REFLECTION QUESTION:

How does knowing God delights in you change how you approach Sabbath?

02
DAY

THE GIFT OF GOOD THINGS

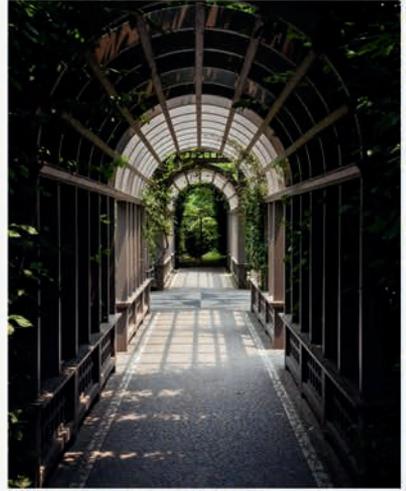
SCRIPTURE:

☞ James 1:17

☞ 1 Timothy 6:17

DEVOTIONAL THOUGHT:

Every good gift flows from the Father.
We are invited not to cling to gifts but to gratefully receive them.

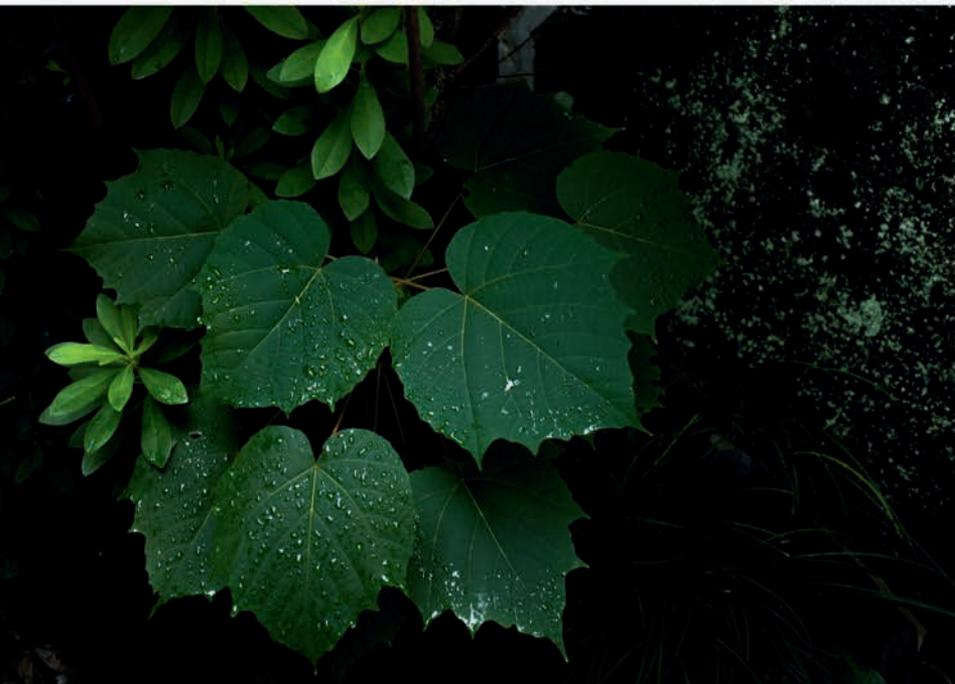


REFLECTION QUESTION:

What gift from God have you overlooked recently?

03
DAY

TASTE AND SEE



SCRIPTURE:

☞ Psalm 34:8

☞ Psalm 16:11

REFLECTION QUESTION:

When was the last time you experienced joy in God's presence?

DEVOTIONAL THOUGHT:

God is not merely to be studied but experienced. In His presence is fullness of joy.

04
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CHILDLIKE DELIGHT



SCRIPTURE:

☞ Matthew 18:3-4

☞ Romans 14:17

REFLECTION QUESTION:

Where has adulthood dulled your sense of wonder?

DEVOTIONAL THOUGHT:

The kingdom belongs to the childlike — those who receive with wonder. Delight restores humility and gratitude!

GROUP QUESTIONS



Were you able to engage in the practice this week? If so, how did it go? What did you learn and how did you grow through the practice?

What brought you the most joy this Sabbath?

Did you feel guilt while delighting? Why?

How did gratitude shape your experience?



Were you able to do some (or all) of this week's devotionals? If so, what stood out to you? How did God speak to you this week about the practice of community?

Read Psalm 92:1-2. How does praising God shape the way you experience Sabbath delight?

How might practicing delight on Sabbath strengthen your witness and your relationships?

Read James 1:17. Day 2 of the devotional reminded us that every good gift comes from God. Which gift in your life have you overlooked or taken for granted?

How does receiving God's gifts with gratitude, rather than clinging or striving, shape your delight this Sabbath?

Read Psalm 34:8. Day 3 of the devotional emphasized that God is meant to be experienced. When was the last time you “tasted” joy in His presence?

Days 4 and 5 of the devotionals encourage delight as defiance against despair. What obstacles or cynicism in your life most block your ability to delight in God?

Read Ecclesiastes 3:12-13. What small joy could you intentionally embrace on your Sabbath?

How does kingdom joy differ from worldly pleasure, and how can delight in God renew your perspective?



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04



WORSHIP

Recenter Through
Intentional Worship

Live It Out

1 During your Sabbath:

1. Begin your Sabbath with 10–15 minutes of intentional worship (music, Scripture reading aloud, prayer).
2. Verbally declare three attributes of God.
3. End your Sabbath by thanking God for specific ways you saw Him at work.

2 Fully engage in gathered corporate worship this week — arrive early, limit distraction, and stay present.

01
DAY



SABBATH AS HOLY TO THE LORD

SCRIPTURE:

☞ Exodus 20:10

☞ Leviticus 23:3

DEVOTIONAL THOUGHT:

The Sabbath is described as “holy” — set apart for the Lord. It is not simply a day off; it is a day directed toward Him.

REFLECTION QUESTION:

What would change if you treated your Sabbath as sacred rather than casual?

02
DAY

WORSHIP THROUGH CEASING

SCRIPTURE:

☞ Hebrews 4:9-10

☞ Psalm 95:6-7

DEVOTIONAL THOUGHT:

Ceasing from our works mirrors resting in Christ's finished work. Bowing before God on Sabbath reminds us salvation is complete.



REFLECTION QUESTION:

How does stopping deepen your gratitude for Christ's finished work?

03
DAY

REMEMBER AND REHEARSE



SCRIPTURE:

🕒 Deuteronomy 5:15

🕒 Psalm 103:1-5

REFLECTION QUESTION:

What specific acts of God's faithfulness should you rehearse this Sabbath?

DEVOTIONAL THOUGHT:

Sabbath calls us to remember redemption. Worship grows when we intentionally rehearse what God has done.

04
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A COMMUNITY THAT WORSHIPS TOGETHER



SCRIPTURE:

- ☉ Acts 2:42-47
- ☉ Hebrews 10:24-25

DEVOTIONAL THOUGHT:

From the earliest church, gathering on a set day anchored believers in shared worship. Sabbath forms a worshipping community, not isolated individuals.

REFLECTION QUESTION:

How does corporate worship strengthen your personal Sabbath practice?

GROUP

QUESTIONS



Were you able to engage in the practice this week? If so, how did it go? What did you learn and how did you grow through the practice?

How did beginning and ending Sabbath with worship affect your experience?

What attribute of God stood out most this week?

What rhythm do you want to continue beyond this series - Stop, Rest, Delight, Worship?



Were you able to do some (or all) of this week's devotionals? If so, what stood out to you? How did God speak to you this week about the practice of community?

Read Isaiah 58:13-14. What does it mean for the Sabbath to be “holy to the Lord,” and how does treating your Sabbath as sacred change your perspective on the day?

How can observing Sabbath change your sense of identity?

Read Exodus 20:10. How does framing the Sabbath as a day directed toward God, rather than simply a day off, affect your practice of rest?

What specific ways does stopping and resting invite worship in your life, beyond music or songs?

Read Hebrews 4:9–10. How does ceasing from work deepen your gratitude for Christ's finished work?

How does gratitude guard against empty ritual, and how might intentionally rehearsing God's faithfulness protect your Sabbath from becoming just another "to-do"?

Read Deuteronomy 5:15. What acts of God's faithfulness are most important for you to remember and rehearse during your Sabbath? How does intentional remembrance fuel worship?

Read Acts 2:42–47; Hebrews 10:24–25. How does corporate worship strengthen your personal Sabbath practice, and why is gathering with others central to a worshipping community?

How has practicing Sabbath over the past month reshaped your view of God and His work in your life?

What rhythms or habits from this month's Stop, Rest, Delight, Worship series do you want to carry forward, both personally and as part of your family or community?

