

Sabbath Reflections

1. What's your current perspective on Sabbath? Is it simply a nice idea? A system steeped in legalism? An old law that's been set aside? An essential avenue of God's provision and presence for you and others? What's your understanding of God's thoughts on your practices of rest? Do you have any sense of this observation playing out in your life: "If you do not keep Sabbath, God will keep it for you"?
2. Do you feel any fear or shame regarding your possibility or practice of engaging in Sabbath? Are there pressures or expectations from your culture, family, community, and/or employer which feel like a barrier to your experience of Sabbath?
3. Do you take a regular (weekly) day off? Is this a Sabbath? In what sense is/isn't it? Consider various schemes of traits that distinguish a Sabbath: stop work, enjoy rest, practice delight, contemplate God (Scazzero); ceasing, resting, embracing, feasting (Dawn); resting the body, replenishing the spirit, restoring the soul (Barton).
4. Do you work *to* rest, or work *from* rest? How would these perspectives differ in your own life and practice?
5. Pete Scazzero makes this statement: "Sabbath is a core discipline for spiritual formation that is just as important as prayer, Bible Study, worship, and giving" (p.157). Do you agree? Why or why not? If this is true, what implications should that have for our personal, family, and community/church life?
6. If you were going to (further) implement Sabbath in your life—personally, in your family, on in your community, in your church—what would need to happen? What regular preparations would need to be made? What expectations would need to be changed (by/for whom)?