

GO AND...

sab·bath



God provides us with the original sabbath blueprint at creation when God rests on the seventh day (Genesis 2:2-3). God also commands God's people to honor the sabbath day and keep it holy (Exodus 20:8). That sounds great, but you may be wondering what does this mean for us today? Is sabbath for prayer? Should sabbath time be reserved only for God? Self? Family? All of the above? Or is sabbath something else altogether? Are there rules for sabbath?

Looking for insights on Sabbath and the spiritual discipline of rest? Check out these resources:

- "The Spiritual Discipline of Rest" Living Lutheran article from 2021: <https://www.livinglutheran.org/2021/08/the-spiritual-discipline-of-rest/>.
- "Sabbath as Resistance: Saying No to the Culture of Now" book by Walter Brueggemann
- "Mudhouse Sabbath: An Invitation to a life of Spiritual Discipline" book by Lauren F. Winner
- "Return to the Root: Reflections on the Inner Life" book by Joyce Rupp