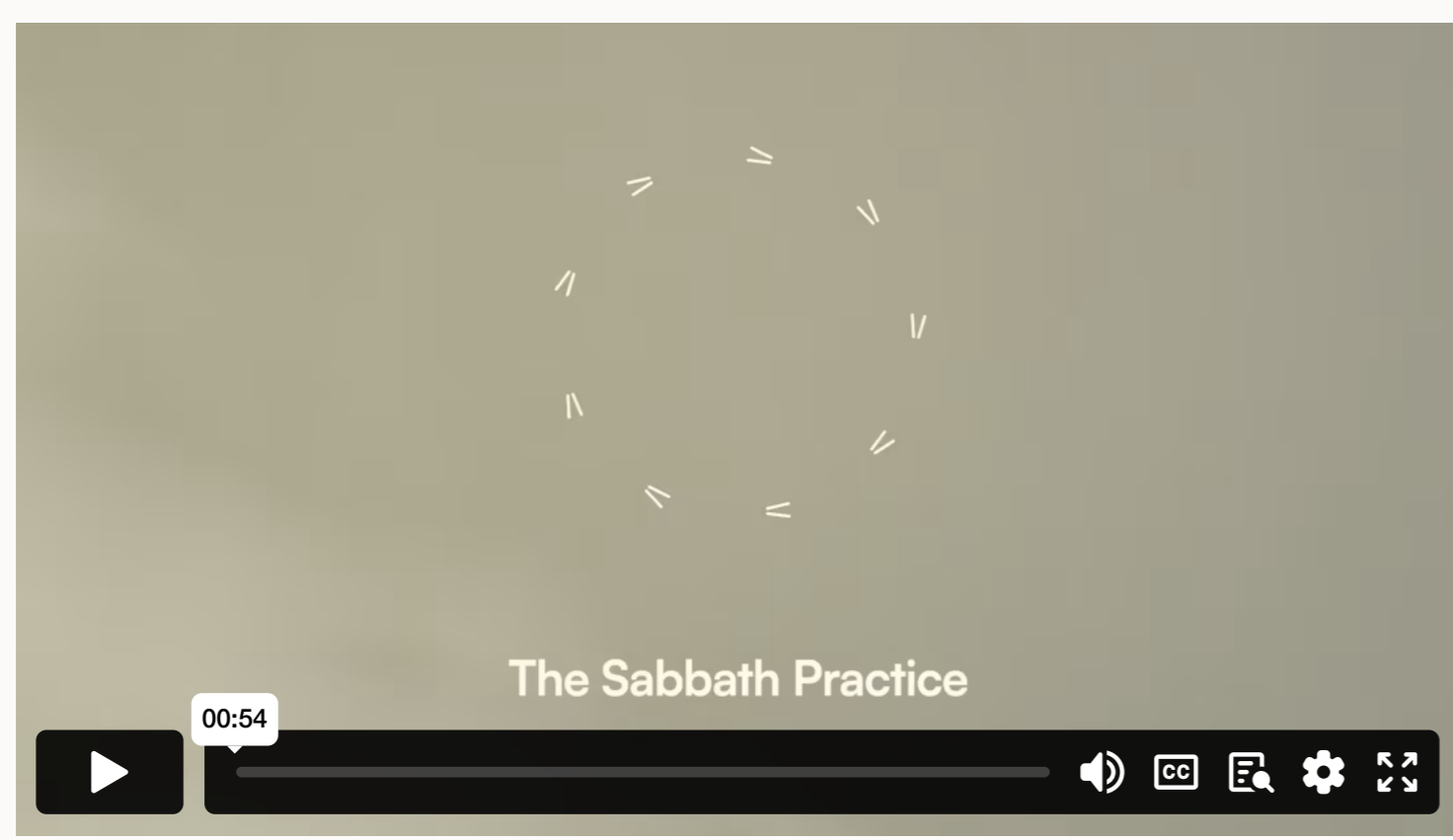


## The Sabbath Practice



### An ancient way to find rest for your soul.

The Sabbath is a 24-hour time period set aside to stop, rest, delight, and worship. It is the best day of the week. In our era of chronic exhaustion, emotional unhealth, and spiritual stagnation, few things are more necessary than the recovery of this ancient practice.

RUN PRACTICE

### What To Expect

Each Practice comes with four session videos, weekly exercises and readings, and additional resources to help your group create life-changing daily rhythms as you apprentice under Jesus together.

Our Practices are perfect to use with small groups or to run course-style with a larger group, but they can also be modified for a churchwide Sunday teaching series, small cohorts, and many other contexts.

**Transformation happens in community.** Running a Practice looks like setting a time each week to gather with a group and share a meal together, watching the session video, and then breaking into triads to discuss, reflect and pray.

**Start small.** Using the Sabbath Companion Guide, you'll practice Sabbath through the weekly reach exercises, and have a chance to dive in deeper through the assigned readings and podcast episode. The following week, you'll reflect with your triad on how it went. The goal is growth, not perfection.



WEEK BY WEEK

#### Week 01: Stop

The word "sabbath" means "to stop." In Genesis, God worked for six days but then he rested on the seventh. In doing so, he built a rhythm into the fabric of creation. When we live in alignment with this ancient rhythm, we find peace and joy, but when we fight it, we fracture our souls.

Watch a 2-minute preview of the first session above.

#### Week 02: Rest

We hear about Sabbath rest and we imagine sleeping or taking a day off to chill. But Sabbath rest is a form of resistance. There are powerful forces — both external and internal — that war against a Sabbath spirituality. To sabbath will require that we resist.

#### Week 03: Delight

Sabbath is not an onerous day for dour religious duty but a life-giving day of delight — a weekly party. It's a full day set aside to celebrate our life with God in his world. And it's designed to be done in community, not alone. Few things are more provocative in the modern world than communities of joy.

#### Week 04: Worship

Sabbath isn't just a day to stop, rest, and throw a feast in community. Ultimately, it's a holy day — set apart for and dedicated to God himself. Early Christians called it "the Lord's day." It's a weekly day of worship by which we cultivate a spirit of worship all week long.

### The Practice Companion Guide

Each session will use the Sabbath Companion Guide. We created this guide to help you and your group build new daily rhythms into your lives.

The guide includes weekly reach exercises, assigned readings and podcast episodes, and reflection questions.

You can purchase a beautiful printed version, or download the digital guide for free using the links below.

ACCESS GUIDES

Each week includes Reach Exercises for those who want to dive in deeper into the practice.

SABBATH EXERCISES

#### Week 01: Stop

In Week 1, we set a time to rest, develop a beginning and ending ritual, and pick one to three Sabbath activities to begin our practice.

#### Week 02: Rest

In Week 2, we learn to prepare well for the Sabbath, make a list of what we will not do on the Sabbath, and explore a prayer exercise in which we face whatever emotions arise.

#### Week 03: Delight

In Week 3, we throw a Sabbath feast with our community, and we pick one to three of our favorite activities to curate joy.

#### Week 04: Worship

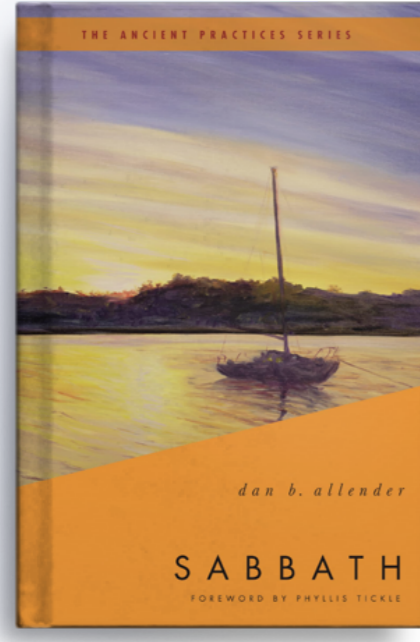
In Week 4, we pause throughout the Sabbath day to come back to God, identify one to three of our sacred pathways (ways we deeply enjoy God with our personality and stage of life), and learn to spend the day in worship.

*Week 01* — Sleep eight hours a night all week long.

*Week 02* — Power off your phone and devices for all or most of the Sabbath.

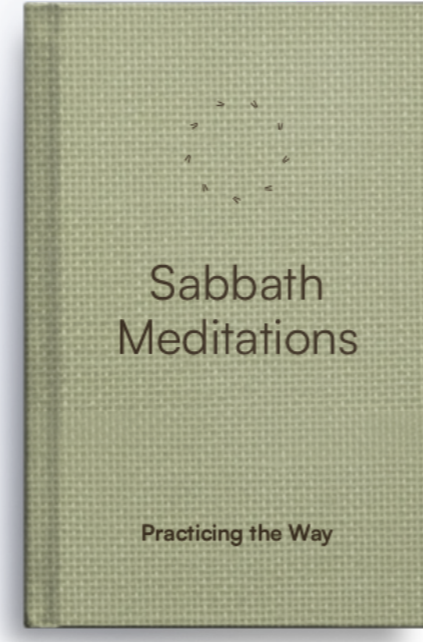
*Week 03* — Create and use a Sabbath box.

*Week 04* — Spend a portion of the Sabbath in silence and solitude.



#### Recommended Reading

For the Sabbath Practice, we recommend picking up *Sabbath* by Dr. Dan Allender. Each week you'll be assigned readings in the Sabbath Companion Guide.



#### Sabbath Meditations

Sabbath is a time to *stop, rest, delight, and worship*. Download this free book of meditations to read aloud or contemplate on your Sabbath.



#### Rule of Life Podcast

In the Sabbath series of *Rule of Life Podcast*, John Mark Comer, Bethany Allen and Bryan Rouanzoin dive into the *countercultural* act of Sabbath in today's world.

### Practicing the Way

ABOUT US

ABOUT JOHN MARK COMER

JOIN THE CIRCLE

PRAY WITH US

PRIVACY POLICY

#### Resources

PRACTICE ACCESS

COMPANION GUIDES

RULE OF LIFE PODCAST

JOHN MARK COMER TEACHINGS PODCAST

ARCHIVES

#### Connect With Us

