



Keeping Sabbath

About this Faith Practice

Sabbath is intentional time taken by individuals and faith communities to integrate the Divine with humanity and creation. Jesus models how to keep Sabbath both inwardly (through prayer, solitude, silence, and meditation) and outwardly (through communal ritual and acts of justice). Our inward movement toward a life centered in the Spirit indicates the reign of God within us. Jesus embodies the depth of sabbath-keeping experiences through outward action to followers and to those he encounters who have specific needs. Our practice of Sabbath is informed by God resting on the seventh day after laboring for six days to create the world, establishing a day of Sabbath. Building on this biblical tradition, some faith communities dedicate a specific day of the week to rest, worship, and work for justice, peace, and the integrity of creation.

Let's Begin...

Now that you've downloaded the files for your faith practice and age group or setting, you can get started planning one or multiple sessions:

1 Open the .pdf file for your age group or setting. Choose an Exploration, the approach you think will help your group to best experience the faith practice. Choose any one of the following Explorations to use for one session:



Discovery



Scripture



Discipleship



Christian Tradition



Context and Mission



Future and Vision

Note: If you're planning multiple sessions, you can follow the order suggested above or feel free to use any order that fits the needs of your group. Some groups may choose to start with Scripture and then see where that leads them. Others may be more ready to act in their community and might want to start with Context and Mission.

2 Locate the Exploration you've chosen

3 Look through all 9 activities and select the ones you would like to do with your group.

- If you're planning a 30–45 minute session, choose 3 activities.
- It is best to select at least one activity from Exploring and Engaging, at least one from Discerning and Deciding, and at least one from Sending and Serving.
- For 45-60 minutes, choose 4 or 5 activities; for a 1½ to 2-hour session, you can use all 9 activities.

Tip: Look for this symbol  to find activities designed for Easy Preparation (able to be done with minimal preparation using supplies normally found at the church).

4 Make copies of any handouts () related to your activities. Locate images (), if using art.

Use of Art, Music, and Scripture in Faith Practices

Faith Practices activities include many opportunities to grow in faith through the use of scripture, music, and art.

Art

If you choose activities that use an art image, you or your church will need to purchase Imaging the Word Poster Sets of the art or locate the images through other sources. If you wish to use art, you will need to plan ahead if ordering the posters through online sources.

“Out of Work” by Käthe Kollwitz

“The Public Fountain” by Manuel Alvarez Bravo

“Guatemala: Procession” by Betty LaDuke

“The Dance of Youth” by Pablo Picasso

“Going to Church” by William H. Johnson

“Midday Rest” (after Millet), c.1890 by Vincent van Gogh

Music

Three music selections are used with Playing and Living Joyfully. We have selected music which is easily found in many hymnals. More information about each music selection can be found online.

Let Me Enter God's Own Dwelling, Tune: Unser Herrscher

Music (continued)

I Woke Up This Morning, Tune: Woke Up This Morning

I've Got Peace Like a River, Tune: Peace Like A River

Scripture

Twelve Bible passages are used with Keeping Sabbath, two with each Exploration.

Discovery	Genesis 2:2–4	Luke 12:22–31
Scripture	Mark 2:23–3:6	Exodus 20:1–17
Discipleship	Luke 6:1–11	Deuteronomy 6:1–9
Christian Tradition	Mark 6:30–34, 53–56	Isaiah 58:9b–14
Context and Mission	Jeremiah 17:19–27	1 Corinthians 11:17–26
Future and Vision	Psalms 119:105–112, 129–136	Matthew 27:51–66 (Matthew 26:14–27:66)

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