

Peace City Church – Sabbath Walk Guide

“The word Sabbath comes from the Hebrew word that means ‘to cease, to stop working.’ It refers to doing nothing related to work for a twenty-four hour period each week. It refers to the unit of time around which we are to orient our entire lives as ‘holy,’ meaning ‘separate, a cut above’ the other six days (Genesis 2:2-3). Sabbath provides for us now an additional rhythm for our entire reorientation of our lives around the living God. On Sabbaths we imitate God by stopping our work and resting.

Make no mistake about it: keeping the command to Sabbath is both radical and extremely difficult in our everyday lives. It cuts to the core of our spirituality, the core of our convictions, the core of our faith, the core of lifestyles.

Our culture knows nothing of setting aside a whole day (twenty-four hours) to rest and delight in God. Like most, I always considered it an optional extra, not something absolutely essential to discipleship. But as we’ve discussed, living in a fallen world is much like being in a blizzard. Without the Sabbath we easily find ourselves lost and unsure of the larger picture of God and our lives. I am convinced that nothing less than an understanding of Sabbath as a command from God, as well as an incredible invitation, will enable to grab hold of this rope God offers us.”

-Excerpt from Emotionally Healthy Spirituality by Peter Scazzero

Today, Jesus invites you to rest and delight in Him. Sabbath is meant for our good, to refresh us, refill us deeply so that we can work, serve, and love others. We want to begin this practice so we, as a body, would grow in this practice, for a truer shalom peace, a flourishing for ourselves, and in turn for our families, communities, and the world around us.

Before you begin, consider your personal inclinations to God—what draws you closer to Him—walking in nature, sitting and journaling, listening to worship songs, etc.? Consider these things and posture your heart by beginning this time with whatever stirs your affections for Him. Below are three different approaches to help you rest and delight in God. You may pick one this week, try another next time, continue with the same format, or a different approach altogether.

Format 1: Creative Expression

Format 2: Weekly Reflection

Format 3: Psalms Reflection

Creative Expression

Colossians 1:16-17 For everything was created by him, in heaven and on earth, the visible and the invisible, whether thrones or dominions or rulers or authorities— all things have been created through him and for him. 17 He is before all things, and by him all things hold together.

As you walk/sit around Lake Artemesia, take time to quiet your heart and mind. To shelve the to-dos, the errands, the emails, etc. Turn off unnecessary notifications, and take a few deep breaths. Pray that God would make his presence known to you, feel it, soak in it.

God has made each of us drawn to beauty and He delights in your creativity, as the Creator Himself! As you walk around, try to create or capture something that is beautiful and take time to reflect on how God’s glory is reflected in this beauty and in gratitude for giving you the ability and desire to embrace and enjoy it.

Some questions to help guide you through this process:

1. What beauty moved your soul today and/or this past week (maybe something in nature, a scene in a movie, a moment with a friend, a story in a book, a Bible passage, a song)?
2. How is that beauty linked to God and reflect His glory?
3. As you consider that beauty, take time to worshipfully respond through creative expression. Some ideas: a poem, drawing, painting, photo, something made from nature, etc.

Weekly Reflection

Proverbs 3:5-6 Trust in the Lord with all your heart, and do not rely on your own understanding; in all your ways know him, and he will make your paths straight.

As you walk/sit around Lake Artemesia, take time to quiet your heart and mind. Shelve the to-dos, the errands, the emails, etc. Turn off unnecessary notifications, and take a few deep breaths.

1. Pray that God would make his presence known to you, feel it, soak in it.
2. Ask God to reveal all the gifts and graces from this week, big ones (health, safety, love) to smaller ones (time with a friend, a good meal, goals achieved at work or in the home). Thank God for each of these gifts.
3. Ask God to fill you with his merciful love, that He would be the leader of this time, rather than brooding or obsessing over myself or the week.
4. Going day by day, relive significant moments of the week, lingering on important ones and passing quickly over less relevant ones.
5. Continue thanking God for the gifts from the week. Pause over any difficult moments of the week, paying attention to any missed opportunities when you could have acted in a certain way but didn't. When you find moments in which you were not the person you were called to be, ask for God's forgiveness. Try to sense his healing mercy wash over you. Release those moments to Him, letting them off your shoulders.
6. Ask God to show you how He wants you to respond or what He wants you to do this coming week. Ask God to give you the resolve and ability to be that person.
7. Ask yourself are there any last words you wish to say to the Lord
8. Close in prayer, not making to-do lists or plans on how to be that person, but resting in the quiet trust that He is at work in you.

Adapted from "Reimagining the Examen, Traditional Examen"

Psalms Reflection

As you walk/sit around Lake Artemesia, take time to quiet your heart and mind. To shelve the to-dos, the errands, the emails, etc. Turn off unnecessary notifications, and take a few deep breaths.

Ask God to make His presence known as you read Psalm 127 or another Psalm of your choosing.

Psalm 127

¹ Unless the LORD builds a house, its builders labor over it in vain; unless the LORD watches over a city, the watchman stays alert in vain. ² In vain you get up early and stay up late, working hard to have enough food—yes, he gives sleep to the one he loves. ³ Sons are indeed a heritage from the LORD, offspring, a reward.

⁴ Like arrows in the hand of a warrior are the sons born in one's youth. ⁵ Happy is the man who has filled his quiver with them. They will never be put to shame when they speak with their enemies at the city gate.

1. What does this passage teach you about God?
2. What does this passage teach you about Man?
3. How does this passage make you feel?
4. Respond to God in prayer with how this passage moves and shapes your beliefs, thoughts and feelings, letting the Holy Spirit minister to you. Write down reflections.