

## Sabbath Sunday

If your normal week is busy with work and overflowing with activities, then sometimes the best thing you can do on a Sabbath is to rest. As one author put it, "The Sabbath is a day to let go, to stop trying to control people and situations. It's a day to unhook from performing for people or pleasing people. It's a day to focus on what God is graciously doing all around you and respond to God rather than depending on your own abilities to make things happen." Keeping the Sabbath teaches us to trust God and appreciate all that God is doing. By taking time to hit "reset", it is a way for God to set us free from worry and anxiety, ambition and adrenaline, self-importance and anger. As Psalm 23:3 tells us, it is in the green pastures of the Good Shepherd's grace and beside his still waters of reflection that we allow God to "restore my soul!" When we reflect upon God's grace and goodness, we can honestly say, *"Everything doesn't depend on me. Things don't have to happen my way. I will put my trust in God."*

May you find a time each week to have Sabbath rest. Here are some readings for reflection, and some ideas for hopeful and helpful Sabbath activities. Enjoy and be blessed!

**Recommended reading:** Psalm 23, Psalm 92, Psalm 127:1-2

### **Ideas for Sabbath day activities**

- Spend time worship, giving thanks to God.
- Spend time in quiet prayer and reflection.
- Spend time getting much needed rest.
- Visit family and friends.
- Write in a journal.
- Go for a walk and enjoy God's creation.
- Take food to someone who is sick.
- Call, text, or message a friend who's been on your mind.
- Plan or participate in a service project.
- Plan a family activity or game night