

PQ's Sabbath Guide

Then Jesus said to them, "The Sabbath was made to meet the needs of people, and not people to meet the requirements of the Sabbath.

- Mark 2:27

What I do on my Sabbath

My goal is to replenish my energy. I'm doing things that feed my soul.

Things I keep in mind

- 1) Whatever I do, I just try to do it deliberately. I'm not rushed. I slow down.
- 2) I choose activities that I love doing.
- 3) I'm living in the moment. My only plans are doing fun things with friends.
- 4) I often turn my phone off, and try to reduce the distraction of other voices.
- 5) I choose a mindset of thankfulness. I'm intentionally grateful.

What replenishes me

- **Movies:** They clear my head. I either go to a movie theater, or watch a movie at home.
- **Kayaking / Fishing:** Time on the water, experiencing nature makes me feel more connected to God. I appreciate the beauty of creation.
- **Maintaining my stuff:** It's not work for me. The hands-on detail of making something better relaxes me. I like cleaning my car, cutting the grass and gardening.
- **Tinker in the garage:** Maybe it's man stuff. Just some tools, and a little project to do.
- **Reading:** Specifically I'm reading things I'm interested in that are not connected to work.
- **Long meals with friends & family:** I love to sit at a table at a great restaurant, or even a big, homemade meal at home. The hospitality and relationships remind me of the way God loves me.

What to do on your Sabbath

Your goal is to replenish your energy. Do things that feed your soul. If you work with your mind, Sabbath by using your body. If you work with your body, Sabbath by using your mind.

Things to try

- Talk a walk outside
- Go to the beach
- Try a sport you might like (golf, pickleball, shooting, etc.)
- Organize a closet
- Cook something
- Learn about something that interests you
- Play a musical instrument
- Take a nap
- Do a jigsaw puzzle
- Go shopping
- Listen to music
- Play a game
- Connect with a friend
- Go for a long, scenic drive
- Look through family photos

Things to avoid

- Regular work
- Anything that adds stress or distracts your mind
- Things that numb your senses (excessive alcohol, drugs, etc.)
- Binging unhealthy activities (tv, social media, food, etc.)
- Negative judgments and things that frustrate you
- Being unkind to others who don't understand what you're doing
- Strict rules about what you can and can't do

“Keep the Sabbath day holy. Don't pursue your own interests on that day, but enjoy the Sabbath and speak of it with delight as the LORD's holy day. Honor the Sabbath in everything you do on that day, and don't follow your own desires or talk idly. Then the LORD will be your delight. I will give you great honor and satisfy you with the inheritance I promised to your ancestor Jacob. I, the LORD, have spoken!”

- Isaiah 58: 13-14